



Letting Go of Worry: God's Plan for Finding Peace and Contentment

Linda Mintle

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Respected author, speaker, and counselor Dr. Linda Mintle confesses that for years she believed worry was an inevitable byproduct of our modern, busy lives. But as she explored God's Word for guidance, she discovered that worry isn't supposed to be managed. It's supposed to be released completely.

Through personal and biblical examples, Mintle reveals reasons and ways for readers to rethink their core beliefs as they surrender worry to God and discover

- the spiritual roots of worry
- what to do when anxious thoughts arise
- how to have peace about their health, job, money, and relationships
- practical ways to cultivate a truly worry-free life
- the biblical secret to lasting contentment

With godly instruction, Scriptures for meditation, and the hope of a renewed perspective, readers can let go of worry and embrace a transformed life of peace, forgiveness, and faith.

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Odessa Currie:

The book Letting Go of Worry: God's Plan for Finding Peace and Contentment will bring you to the new experience of reading a book. The author style to elucidate the idea is very unique. In case you try to find new book to learn, this book very appropriate to you. The book Letting Go of Worry: God's Plan for Finding Peace and Contentment is much recommended to you you just read. You can also get the e-book through the official web site, so you can more readily to read the book.

Pauline Jones:

People live in this new morning of lifestyle always aim to and must have the spare time or they will get great deal of stress from both everyday life and work. So , when we ask do people have extra time, we will say absolutely sure. People is human not only a robot. Then we question again, what kind of activity have you got when the spare time coming to you of course your answer will certainly unlimited right. Then do you try this one, reading publications. It can be your alternative in spending your spare time, the actual book you have read is definitely Letting Go of Worry: God's Plan for Finding Peace and Contentment.

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