

Be Not Anxious: Using a New Self Help Tool to Follow Biblical Wisdom



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Reviews

Without doubt, this is actually the very best function by any article writer. it was writtern quite flawlessly and valuable. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Prof. Isobel Heller MD)

BE NOT ANXIOUS: USING A NEW SELF HELP TOOL TO FOLLOW BIBLICAL WISDOM



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Createspace, United States, 2011. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Holy books, including the Bible, support the power of The Law of Attraction by admonishing us to Be Not Anxious, especially before praying. But HOW do you get rid of fear, anxiety, guilt, shame, or blame, calm down and think with clarity? Imagine the results you could achieve in your life if you weren't mired in negative emotions, if all your thoughts were positive, if all were acceptable in His sight? What if we had a tool for easily programming our consciousness with positive thoughts to create positive actions? This book links the science of Energy Medicine and the wisdom of the Bible using compassionate, down to earth examples of the ways Christians get tripped up in their prayer life by negative thinking and emoting. Lucy takes the self-help tool of Emotional Freedom Technique (EFT) and bravely demonstrates how it can be used to remove the obstacles to successful prayer by challenging our limiting beliefs. She takes some of the positive and negative emotions talked about in Napoleon Hill's classic, Think and Grow Rich, to bring a fresh approach to controlling the negative and using the positive. Each chapter is supported with scripture and accompanied by self-help tapping sequences that provide instant relief to some of our most common fears and blocks to success in our pursuit of a bigger, better spiritual and physical experience.



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