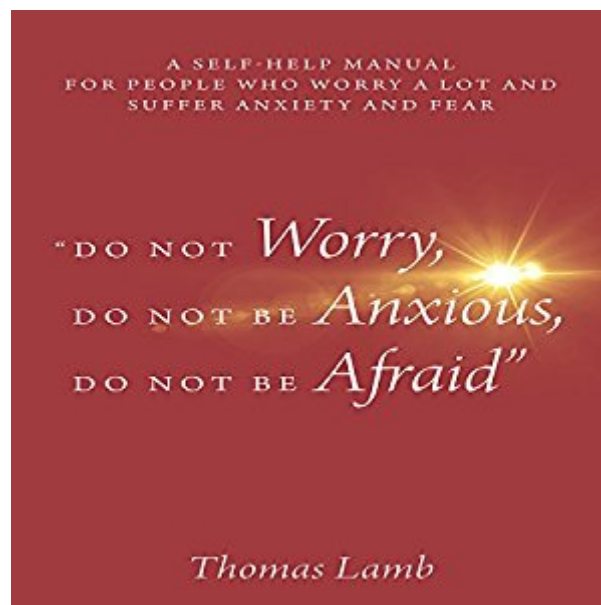




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# "Do Not Worry, Do Not Be Anxious, Do Not Be Afraid": A Self-Help Manual For People Who Worry A Lot And Suffer Anxiety And Fear



## Synopsis

God has made us so that we can worry, feel anxious, and be afraid. Then he directs us 200 times in the scriptures to not worry, not be anxious, and not be afraid. He repeats this like a loving father who wants his children to understand this and to live by it. Those 200 passages are presented here to convince you that God is driving the bus...you have nothing to worry about. You can find great peace and comfort listening to and reflecting on these passages. This is an important message for these troubled times. This is a self-help manual.

## Book Information

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## Customer Reviews

The author desired to help people who suffered from worry, anxiety and fear. He accomplished his desire by listing the hundreds of places in the Scriptures where God's people were directed to not be afraid. He goes from beginning to end of the Bible citing examples in each section. For those who appreciate this vantage point, it is well presented.

Thomas Lamb has done a wonderful job in this book of compiling 200 passages from the Bible that speak to the issue of worry, anxiety, and fear, passages that show why we can and should have confidence in Almighty God, who is also our faithful heavenly Father. Seeing that almost all human beings worry, we would all do well to read and meditate daily on these passages from Scripture so that we may learn to trust in God and have the peace of mind that only such trust can bring about. For, as the Heidelberg Catechism tells us, we can have "good confidence in our faithful God and

Father, that no creature shall separate us from His love, since all creatures are so in His hand, that without His will they cannot so much as move." A hearty thanks to Mr. Lamb for making these passages so accessible. I received a copy of this book in exchange for writing an honest review.

Author Thomas Lamb has experience in both religion and science - having studied in both an all male high school at (St. Meinrad Archabbey of the Benedictine monks) and in a monastery for contemplative meditation and then moved into graduate clinical training at Indiana University Medical Center after which he worked as assistant professor in psychiatry and then became a private clinical practitioner. He blends this strong marriage of religion and science in this manual for people who deal with anxiety, most significantly with patients dealing with PTSD. What he provides in this accessible book is a series of 200 portions of scripture from the New American Bible that offer examples of interaction with God and man where examples of worry, anxiety and fear are referenced with particular known episodes in the Bible that reveal how incidents of these anxieties were faced and resolved. It is meant to be a means of meditation and explanation of similar situations and how the scriptures reveal how to deal with them. Thomas offers little comment in the preface and book as a whole - he lets the scriptures speak directly to the reader. Grady Harp, February 15

Thomas Lamb has done an excellent job of compiling passages from the Bible that speak to worry, anxiety, and fear and show why we can and should have confidence in Almighty God, who is also our faithful heavenly Father. Seeing that worry is an almost universal human condition, we would all do well to read and meditate daily on these passages from Scripture so that we may learn to trust in God and have the peace of mind that only that trust can engender. For certainly, as the Heidelberg Catechism tells us, we can have "good confidence in our faithful God and Father, that no creature shall separate us from His love, since all creatures are so in His hand, that without His will they cannot so much as move." A hearty thank you to Mr. Lamb for making these passages so accessible. I received a copy of this book in exchange for writing an honest review.

Lisa Conner from Outskirts Press wrote, "Your book is very enlightening. The way you present your ideas and findings and entwine them with scripture is great! You give your reader a lot to internalize. You have such a nice style of writing. Your words come across with a certain experience that I cannot put into words...Your work is nicely paced and very engaging. In addition, your narrative voice is just great - very familiar and easy to follow. You have crafted an excellent piece here; one

that should be well received by a wide audience."

People of faith who have difficulty navigating life's challenges, be they physical, mental or otherwise, will observe Mr. Lamb explore the too-little tapped benefits of staying close to Holy Scripture where addressing our worry, fear and anxiety is concerned. This is a good example of the Lord using his servant, an accomplished mental health professional, to shed healing light on a very important subject. Thank God for Thomas Lamb.

Praying just one scripture passage a day from Thomas Lamb's new book helps one focus on trust throughout the day. Praying with scripture is transformative, and most likely one does not even know it is happening.

We can all relate to "stormy" periods in our lives. Thomas Lamb's book reminds us that if we come to the Word of God, our Lord will rise up and still the wind and the sea. And there will be a great calm.

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