



Less Fret, More Faith: An 11-Week Action Plan to Overcome Anxiety

Max Lucado

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A pass-along companion to *Anxious for Nothing* that features an 11-week plan to overcome anxiety.

According to one research program, anxiety-related issues are the number one mental health problem among women and are second only to alcohol and drug abuse among men. Stress-related ailments cost the nation \$300 billion every year in medical bills and lost productivity. And use of sedative drugs like Xanax and Valium have skyrocketed in the last 15 years. Even students are feeling it. One psychologist reports that the average high school kid today has the same level of anxiety as the average psychiatric patient in the early 1950s. Chances are, you or someone you know seriously struggles with anxiety.

Max writes, "The news about our anxiety is enough to make us anxious." He knows what it feels like to be overcome by the worries and fear of life, which is why he is dedicated to helping millions of readers take back control of their minds and, as a result, their lives.

This 64-page booklet features practical steps from Max Lucado to help readers overcome anxiety. Eleven weekly reminders in all, each segment includes a Scripture verse for meditation, and a prayer to reframe anxious thoughts.

This booklet includes a passage from the book, *Anxious for Nothing*, by *New York Times* bestselling author Max Lucado. The small trim and low price point make this booklet easy to share with friends and family who are struggling with anxiety and need a fresh perspective on how to face it.

Stop letting anxiety rule the day. Join Max on the journey to true freedom and experience more joy, clarity, physical renewal, and contentment by the power of the Holy Spirit. Anxiety comes with life. But it doesn't have to dominate your life.

Less Fret, More Faith: An 11-Week Action Plan to Overcome Anxiety Details

Date : Published September 12th 2017 by Thomas Nelson (first published 2017)

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Author : Max Lucado

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From Reader Review Less Fret, More Faith: An 11-Week Action Plan to Overcome Anxiety for online ebook

Erin says

A great read and a great reminder to put all your trust in him!

A daily reminder that our worries are so small compared to how big God is in our lives. This is a book I go back to often when I need a little extra peace and calm in my life.

Cheresa says

Took me awhile to dive into this book but it's really good. I took away so many great scriptures that are helping me with my anxiety ????

heavenly blue says

Fantastic

I really enjoyed this book and would recommend to anyone with anxious thoughts. This book is spot on with a remedy. Thank you for the other reviews which helped me purchase this book.

Pam says

Good advice for those with anxiety

Max Lucado offers scriptures and prayers that will help you work your way through anxiety. The ultimate goal, of course, is so that you won't be worried about anything but there is a growth curve.

Karlene says

Very helpful

This book was very helpful in pointing to the truth of the scriptures. In a sense it makes it seem that we can easily just switch off anxiety, yet in reality it isn't so. But it does give helpful tips on how to pray and God's words to shift your thoughts of worrying.

1verylovedmom says

This is a great companion to his book 'Anxious for Nothing'. Perfect for refresher for those tough seasons in life that bring on anxiety and worry. I love the scripture references and the prayers used. This is a great series that is timely and relevant for our day and age. I highly recommend this book.

Barbara Stryker says

Basic and helpful reminders

This is a basic and helpful reminder of how to deal with stress and anxiety. Scriptures throughout and prayers you can use as you experience worry about things. Basic affirmation of what we as believers know to be true

Anniethecavie says

Hit the spot!

Great little book to put things in perspective when you are scrambled with decisions. Think it through. Pray it through. New perspective for me. Pray your worries away.

John Fortrin says

Relief from anxious thoughta

I'd recommend this to anyone struggling with anxiety. Has really helped me to see clearer. Given me new ideas on overcoming anxious thoughts.

Linda Klager says

Excellent book - full of good advice and Scripture verses.

Don Monteith says

God is Always the Answer

For anyone prone to anxiety this is an excellent book on how you think and respond to life's challenges and God is always the answer going forward everyday

Donna Snelling says

It is ok.

This book is not what I hoped it to be. As someone that suffers from severe anxiety, knowing to be grateful, rest, pray through things, etc. are all pretty much already a part of my life. I was hoping for something new that I didn't know about and this book was not it. Nice prayers, easy to read. Other than that, not for me.

Vanda Denton says

Good guidance and comforting

This is written as an eleven-week action plan but I found reading it straight off very useful. As with all Max's books I expect to read it many more times. If I use it as an eleven week action plan I will review it again, from that perspective.

Sherry says

Great, practical information.
