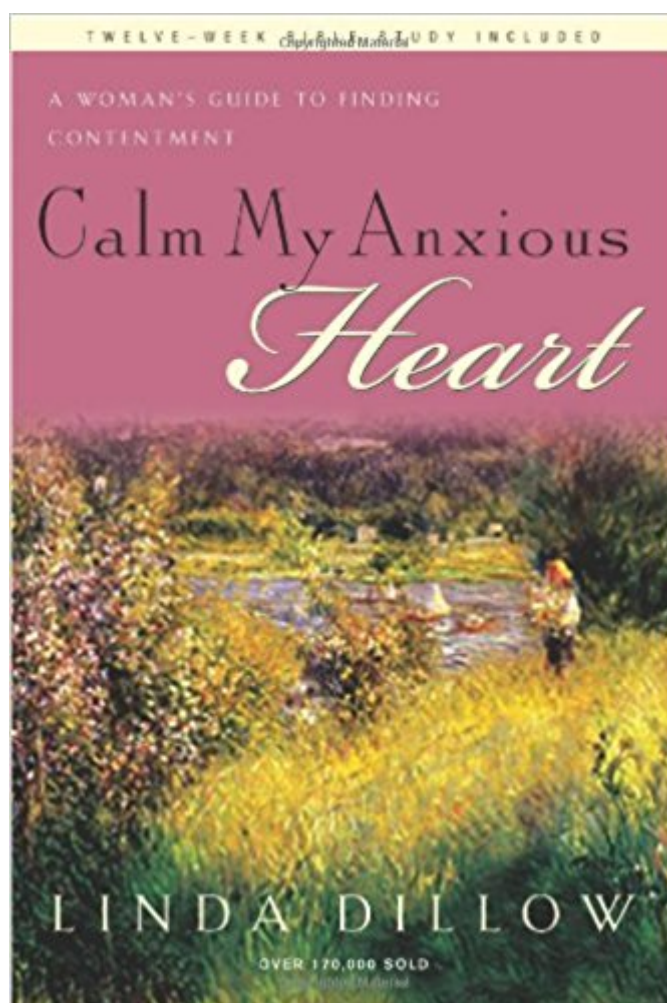


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# Calm My Anxious Heart: A Woman's Guide To Finding Contentment (THINK Reference Collection)



## Synopsis

Even though we want to be content and trust God, we can still feel overwhelmed by worry. Filled with encouragement and practical help for overcoming anxiety, this 12-session Bible study for women explains what God says about contentment and offers ways to apply it to daily life.

## Book Information

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## Customer Reviews

For anyone struggling with contentment (and that's probably just about everyone!), Linda's book is a must-read. She climbed into my life, challenged me, gave me food for thought, and spoke to issues each of us struggles with.

Carole Mayhall, speaker; author of *Words That Hurt*, *Words That Heal*

When Linda Dillow writes, women should take notice. The years living out her faith in hard places validates her challenge to each of us to let God calm our anxious heart.

Claudia Arp, cofounder, Marriage Alive International, Inc.; coauthor of *The Second Half of Marriage*

With a clear and distinctive delivery narrator Christy King creates the atmosphere needed for the listener to relax and meditate on this book's biblical message. The subtitle of the work, *A Woman's Guide to Finding Contentment*, describes its premise. Author Linda Dillow covers many of the problems a woman may face today, such as discouragement, anxiety, fear, and discontent. She recounts personal events in her life as well as stories from the lives of others. Applying scripture to all aspects of life, she teaches the value of living unselfishly in modern society. As narrator, King adds a soothing touch, with empathy clearly evident in her voice. This is a great audiobook for anyone struggling with life's challenges.

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--This text refers to the Audio CD edition.

Women worry a lot. We worry about our children, our friends, our careers, our families, our spouses-the list could go on and on. Yes, we want to be content and trust God with our worries, but it's a struggle to let go and free ourselves from the burden of anxiety. If you're tired of worrying about all the "what-ifs" in your life and want to experience the calm and contentment promised in Scripture, *Calm My Anxious Heart* is what you've been looking for. Filled with encouragement and practical help for overcoming anxiety, this book includes a twelve-week Bible study to help you discover what the Bible says about contentment and ways to apply it to your daily life. A companion journal is also available to record your thoughts as you listen to God's teaching on this subject. With *Calm My Anxious Heart* you can let go of your anxiety and experience the contentment that comes from trusting God.

I've been through this book twice, both on my own and then as part of a small group. It is excellent, what I liked it how it addresses core issues that affect people every day. These are issues that women tend to particularly struggle with (though I'm sure many men do as well)--issues such as body image, dwelling on the "if onlys" and "what ifs" and other thoughts that make us anxious. I liked the way she wove scripture and personal stories throughout the book, and how scripture memory, prayer, and meditation or journaling were emphasized in the accompanying study guide. It's well worth reading--and reading again

This book came at just the time when I was very anxious and reading what God says in the Bible and hearing from the author and others really helped me put my life in perspective and be calm about circumstances. I have gone back to the book and suggested scripture to be reminded again about how much God is in control, not me, and HE is the one that can calm my anxious heart.

This book is a good guide to show you where to look in the bible to find peace & contentment. This woman has done wonders in spreading GOD's word. She really is just telling personal stories of women most of americans will never meet & thank GOD will never walk in their shoes. But, just once in a book that claims it can teach/tell you about anxiety it would cover how women can heal from abuse: child, rape, beatings..... You can quote passages but how can you apply them?

I lead a women's bible study among 20s and 30s girls in Washington DC. We had high hopes for

this book but we all were a little disappointed. The book relies heavily on tangents, story-telling, and emotional arguments and does little to access the serious issues behind the fear and anxiety my generation faces, and doesn't offer much in the way of clear, concrete steps to deal with worry and anxiety. We all felt the key points of the book could have been said in half or fewer of the actual pages. This was just not as compelling, practical, or useful as we hoped it would be.

Good book but a little outdated. Highly recommend using The Companion Journal along side this study.

This is a must read, shared it with 5 women in my Bible study who are new Christians and they all enjoyed it. I am reading it for the second time and am learning as much as I did the first time thru.

USED THIS BOOK FOR A WOMENS BIBLE STUDY. VERY GOOD.

Such a GREAT book that I've ordered several copies for gifts!!!!Great book to do on your own or to do in a Bible Study with a group!

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