



# Overcoming Fear, Worry, and Anxiety: Becoming a Woman of Faith and Confidence

By Elyse Fitzpatrick

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Elyse Fitzpatrick, coauthor of *Women Helping Women* (a Gold Medallion Finalist), offers practical advice for conquering the paralyzing emotions many women encounter as they battle difficult, often overwhelming concerns about rebellious children, problems in the workplace or home, health issues, financial difficulties, and more.

In the Bible, God gives guidance and offers the true solution to our anxieties and fears. *Overcoming Fear, Worry, and Anxiety* accesses this information to help women—

- Identify the source of fear, worry, and anxiety
- Transform fearful thoughts into peaceful confidence
- Discover specific strategies for overcoming anxiety

Women will find comfort and encouragement through real-life examples of how others, including Elyse, cast their cares upon God and experience His strength and love.

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### Editorial Review

#### About the Author

**Elyse Fitzpatrick** is the head of Women Helping Women Ministries and holds an MA in biblical counseling from Trinity Theological Seminary. She has authored more than a dozen books, including *Love to Eat, Hate to Eat*. She and her husband, Phil, have three grown children as well as grandchildren.

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