

**Anxiety** - Recommended Reading | Scott Slaughter | revised 2019

- Why Worry? Getting to the Heart of Your Anxiety, *Robert Jones*.
- Help! I'm Anxious, *Philip De Courcy*
- Let Not Your Heart Be Troubled, *D. Martyn Lloyd-Jone*
- How Can I Stop Worrying? *Gerald Bilkes*
- When I am Afraid: A Step-By-Step Guide away from Fear and Anxiety, *Ed Welch*.
- Running Scared: Fear, Worry, and the God of Rest, *Ed Welch*
- Overcoming Anxiety: Relief for Worried People, *David Powlison*
- When You Are Worried: Finding Reasons for Peace, *David Powlison*
- Anxious For Nothing: Finding Calm in a Chaotic World, *Max Lucado*
- \*\*Helping Your Anxious Child: What to Do When Worries Get Big, *Julie Lowe*