

## **Recommended Reading on Anxiety**

\*\* Starred Books are highly recommended

### **Easy – Good to Start With**

1. Living Without Worry: How to replace anxiety with peace (2<sup>nd</sup> Edition) by Timothy Lane
2. Anxious for Nothing: Finding Calm in a Chaotic World by Max Lucado
3. \*\* Don't Lose Heart: Gospel Hope for the Discouraged Soul by Jason Meyer
4. Hope in an Anxious World: Six truths for when things feel overwhelming by Helen Thorne
5. \*\* A Small Book for the Anxious Heart: Meditations on Fear, Worry, and Trust by Edward Welch
6. \*\* Track: A Student's Guide to Anxiety by Edward Welch (part of a series for teens)

### **Intermediate – These go a little deeper**

7. Good News for Anxious Christians: 10 Practical Things You **Don't** Have to Do by Phillip Cary
8. The Anxiety Field Guide: Healthy Habits for Long-Term Healing by Jason Cusick
9. Overcoming Fear, Worry, and Anxiety: Becoming a Woman of Faith and Confidence by Elyse Fitzpatrick
10. Rhythms of Renewal: Trading Stress and Anxiety for a Life of Peace and Purpose by Rebekah Lyons (written with women in mind, but helpful for everyone)
11. Overcoming Anxiety and Depression: Practical Tools to Help You Deal with Negative Emotions by Bob Phillips
12. A Still and Quiet Mind: Twelve Strategies for Changing Unwanted Thoughts by Esther Smith
13. The Anxious Christian: Can God Use Your Anxiety for Good? by Rhett Smith
14. \*\* When I Am Afraid: A Step-by-Step Guide Away from Fear and Anxiety by Edward Welch
15. Mindscape: What to Think About Instead of Worrying by Timothy Witmer

### **Advanced / Academic – These are longer and more theological**

16. Managing Leadership Anxiety: Yours and Theirs by Steve Cuss
17. Pursuing Health in an Anxious Age by Bob Cutillo, MD
18. \*\* Struck Down but not Destroyed: Living Faithfully with Anxiety by Pierce Taylor Hibbs
19. Finding Quiet: My Story of Overcoming Anxiety and the Practices that Brought Peace by J.P. Moreland
20. Unworried: A Life Without Anxiety by Gregory Popcak (Catholic)
21. a non-anxious presence: How a Changing and Complex World Will Create a Remnant of Renewed Christian Leaders by Mark Sayers
22. Running Scared: Fear, worry, and the God of rest by Edward Welch