



# Finally Fearless Workbook: Journey from Panic to Peace

*Cheryl McKay*

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**The *Finally Fearless Workbook* is meant to be used with the main text, *Finally Fearless: Journey from Panic to Peace*.**

It is a great tool for church groups, book clubs, or individuals who want to play an active role in their healing from fear and anxiety.

Do fear and anxiety rule your life? They used to rule mine.

I am not a medical doctor or a psychologist. I am a creative, intelligent woman. Yet panic and anxiety left me feeling completely out of control. I ached for God to show up and heal me instantly. Instead, He became my Wonderful Counselor, and He walked me through my fears, step by step, toward healing. Much of my personal recovery came through healing exercises I did, the same ones I'm now sharing with you in this companion workbook.

The work you will do here is a reflection of God's relentless help in healing and encouraging me through these most vital exercises, creative assignments, journaling, reflection, and meditation on key scriptures.

This workbook also contains bonus material not found in the original book, including extra journal entries, assignments, poetry, and helpful collections of Bible verses grouped by topics such as peace, hope, God's faithfulness, fear, and trust.

Are you tired of fighting against your fears? Has panic interrupted your life? Has anxiety stopped you from going after your dreams? Start your soul-searching journey now so you, too, can venture toward peace.

The *Finally Fearless Workbook* includes a collection of peaceful, original photography by Christopher Price.

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## Key Topics:

Fear, anxiety, panic disorders, coping techniques, relaxation exercises, abuse, marriage, singles, dating relationships, boyfriend, hope, discouragement, prayer, counseling, journal, husband, surrender, rejection, fear of men, God's promises, Never the Bride, encouraging Bible verses

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#### **Ronald Ybarra:**

Reading can called imagination hangout, why? Because while you are reading a book especially book entitled Finally Fearless Workbook: Journey from Panic to Peace your brain will drift away trough every dimension, wandering in each aspect that maybe unidentified for but surely can be your mind friends. Imaging just about every word written in a reserve then become one web form conclusion and explanation that maybe you never get just before. The Finally Fearless Workbook: Journey from Panic to Peace giving you another experience more than blown away your mind but also giving you useful information for your better life in this era. So now let us present to you the relaxing pattern the following is your body and mind will likely be pleased when you are finished reading through it, like winning an activity. Do you want to try this extraordinary spending spare time activity?

#### **Mary Diaz:**

This Finally Fearless Workbook: Journey from Panic to Peace is great guide for you because the content and that is full of information for you who else always deal with world and possess to make decision every minute. That book reveal it details accurately using great organize word or we can declare no rambling sentences included. So if you are read the idea hurriedly you can have whole data in it. Doesn't mean it only provides straight forward sentences but hard core information with splendid delivering sentences. Having Finally Fearless Workbook: Journey from Panic to Peace in your hand like having the world in your arm, info in it is not ridiculous a single. We can say that no e-book that offer you world inside ten or fifteen moment right but this reserve already do that. So , this is certainly good reading book. Hi Mr. and Mrs. stressful do you still doubt that?

#### **Janice Wilson:**

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