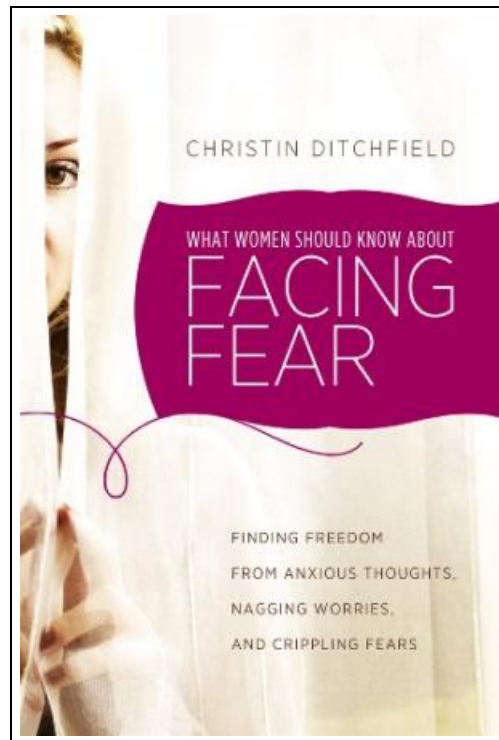


## What Women Should Know about Facing Fear



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Leafwood Publishers. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 8.2in. x 5.4in. x 0.8in. You don't have to be held captive by your fears. Imagine what your life could be without those anxious thoughts, nagging worries, and crippling fears. What if you could finally become the woman you were created to be? Author Christin Ditchfield knows what it is to be bound by fear - and to be set free. Sharing from her own personal experiences and the life-changing truths of Scripture, she will help you: Recognize the stranglehold that fear can be and break free from its destructive power. Identify your own unhealthy responses to fear and discover more effective strategies. Find courage to face your fears head on and conquer them. Experience for yourself the perfect love that casts out fear and know true Peace. The fear that has held you back can become the catalyst that propels you to a deeper faith and a more intimate relationship with God. Includes an eight-week Bible study for individuals, Sunday School classes, or small groups. Endorsements: This is a book that will resonate with women everywhere. Through the gift of her vulnerability, Christin invites us to face our own fears, knowing that because of Christ we are never alone. Sheila Walsh, author of *God Loves Broken People And Those Who Pretend They're Not* Christin's excellent new book -- a wonderful combination of memoir and teaching -- clearly reveals how we can be healed from a lifetime of fear, worry and control issues. Savor every quote, consult every useful appendix, delve into the Bible Study, and come away with armor for the fight against fear in your own life and the lives of those you love. Courage and hope guaranteed on every page! Lucinda Secrest McDowell, Author *Role of a Lifetime* In *What Women Should Know...*



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