



# The End of Worry: Why We Worry and How to Stop

*Will van der Hart, Rob Waller*

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**Do you find yourself worrying and unable to stop?**

**Does worry consume your days and keep you up at night?**

**Do you know that worry doesn't help, but you keep worrying anyway?**

If you are holding this book, it's likely that you or someone you know has a problem with worry. Within these pages, you will find an understanding of what worry is, why we worry, and how to worry less. This easy-to-read mix of cutting-edge psychology, biblical teaching, personal experience, plentiful anecdotes, and practical exercises will help anxious readers overcome the troubling problem of worry and find new joy in every day.

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#### **Doris Griffin:**

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