

Calm My Anxious Heart Linda Dillow Juwimm

Can the Bible help me with my food struggles? Have you ever felt stuck in a seemingly endless cycle of overeating, yo-yo dieting, and obsessive thoughts about food? Whether you feel defeated by your lack of self-control or overwhelmed by thoughts and longings for food, the answer to our food fixation does not lie in the \$500 billion global diet industry. This is not a diet book and it's not a healthy eating plan. Because at the core, our problem is not really what we eat. It's why we seek fullness in something that will never satisfy. Join Asheritah Ciuciu as she shares honestly about her own battles with food and reveals the path to freedom. You'll discover the joy of living free from food fixation so you can experience deeper satisfaction in Christ, gain a renewed sense of purpose, and yes, even enjoy good food (without regret). A healthier relationship with food through a stronger relationship with Christ—that's the goal of Full. Includes a quiz to help you find out if you have food fixation, plus practical strategies for overcoming it.

Find Daily Peace in a World of Chaos The unpredictable, unprecedented repercussions of the COVID-19 pandemic have upset nearly every facet of life. For many, the hope of returning to "normal" has slowly given way to fear of the unknown. To cling to what's certain in a time of uncertainty, to find peace when anxiety abounds, look to the Psalms. Psalms for the Anxious Heart is a short, daily devotional that offers meditations of truth and peace. Each devotion includes a reading of a Psalm, a brief teaching on the passage, a salient truth to cling to, and a suggested song to guide further meditation. Enter the Psalms and find relief and hope for your anxious heart in these trying times.

A Companion Journal to Calm My Anxious Heart, a Book that Has Helped More than 500,000 Women Trust God and Overcome Anxiety--Now Revised for a New Generation of Journalers Read the book, learn through the 10-week Bible study, and reflect through journaling on your journey to contentment to create lasting change as you overcome worry. As women--whether single women, married women, moms, grandmothers--we worry a lot. We worry about our children, our friends, our careers, our families, our spouses--and the list goes on. We want to be content and trust God with our worries, but it's a struggle to let go and free ourselves from the burden of anxiety. If you're tired of worrying about all the what-ifs in your life and want to experience the calm and contentment that the Bible promises, practice self-care by using the Calm My Anxious Heart Journal along with the new and updated Calm My Anxious Heart book to find lasting freedom. Record your thoughts as you listen to God's teaching, embrace the present, and live with joy. With Calm My Anxious Heart book and companion journal, you can let go of anxiety and experience contentment that comes from trusting God.

Popular Radio Host Shows Women How to Embrace God's Unique Call for Their Life Listeners to Susie Larson's radio show and women she meets at events across the country tell her the same thing: I want to do something meaningful for God, but I don't know what to do, or how. Drawing on her own hard-earned experiences, Larson shows readers how to overcome insecurities, busyness, and other obstacles in order to focus their gifts and passions on their unique God-assignment. With biblical insights and inspiring stories from a variety of women, this action-oriented guide will speak to every woman who has felt a nudge from God--from the visionary who wants to end poverty to the empty-nest mom who feels called to help the young single mother next door.

In just 5 minutes, you will Read (minute 1-2), Understand (minute 3), Apply (minute 4), and Pray (minute 5) God's Word through more than 90 meaningful, focused Bible studies that offer assurance and peace to your anxious heart.

This companion journal to the 12-week Bible study Calm My Anxious Heart by Linda Dillow helps women focus on growing in contentment and faith. Learn to trust God completely and have victory over the fears that can overwhelm you.

Embark on a six-week journey to letting go of the things you can't control, finding the strength to hang on tighter to those you can—and finally learning how to tell the difference. If you're like most women, you have been trying to hang on tight, so you can get life right. Jennifer Dukes Lee has written this Bible study workbook especially for you. Over the course of this study, you'll Uncover surprising truths from the life of Jesus about busy-ness, obedience, and asking for help Discover five major reasons that keep us from trusting God—and how to overcome them Make healthier, wiser decisions about how to spend your time and energy Find practical exercises and Scriptural truths to guide you in living a life of surrender to God. This isn't a journey to "doing less;" it's about becoming more of who God has truly created you to be. This workbook, for small groups or individual study, is a companion resource to the book It's All under Control (sold separately).

"Allen understands the daily struggle so many of us face with the fear that we are not enough. And she invites us into a different experience, one in which our souls overflow with contentment and joy"--

Andrew Delaney, power hitter and centerfielder for the Boston Red Sox, has a great care-free life, an off-season place in Miami and siblings he can count on. Until they serve him up at a bachelor auction for charity. Not the kind of spotlight he enjoys. He's in no position to refuse, however, when the event will benefit his family's newly established Delaney Foundation for Children. Shannon Murphy Roberts is a young military widow with a toddler who returns to Boston to be near family—and to resurrect her career as a photographer. She's also an old high school friend of Andy. When they reconnect, he implores her to "save him" by bidding on him at the auction. "You'd be perfect...." Shannon has plenty to handle as a single mom with a mortgage on a small house and her job in an art gallery. Not to mention her in-laws who seem to resent every decision she makes. While her grief is easing, a new social life is not even on her radar. Helping out an old friend, however, seems safe enough. Heroes come in many forms. And love has no rules the second time around—or the first. All Shannon and Andy have to do is figure it all out!

Discover the freedom, holiness, and beauty of sex in marriage. Intimacy and sex should flow from an attitude of true selflessness. A verse-by-verse look at the Song of Solomon, Intimacy Ignited shows couples how to fire up and maintain the flames of a passionate marriage. Sex plays a vital role in every healthy marriage, yet there's more to intimacy than just sex. If your marriage doesn't have the passion it once did, learn why romance and intimacy is all about being a servant lover. Part marriage manual, part commentary, and part Bible study, Intimacy Ignited is a great resource.

Beautiful, Calming Peace When anxiety is an intrusive reality that steals your peace, holds you captive to fear, and imposes itself between you and longed-for calmness, the God of all comfort invites you to turn your gaze toward heaven. Prayers to Calm Your Anxious Heart offers 100 reassuring devotions and Scripture-based prayers that will shift your focus toward truth, restore your hope, and fill your soul with peace. Every devotion offers... brief yet meaningful teachings to give you encouragement and inspiration relevant Scripture verses to ground you in God's promises expressive prayers to keep your heart riveted on truth You don't have to dwell in anxiety. Instead, pray. Breathe. And let your heart rest in God's calming presence.

We live in a world filled to the brim with advice, and when it comes to dealing with stress, there's plenty of advice to go around. Sleep more, eat better, avoid this, seek out that. But more advice on coping is not necessarily what the stressed and anxious person needs. What we need is a cure. Linda Evans Shepherd has discovered it. The true remedy to stress, she says, is prayer. In this inspiring book, Shepherd shows readers how to recognize God's continual presence and yield their troubles to the Prince of Peace. Through captivating stories, explorations of fascinating biblical characters, and examples of deeper-than-ever prayers, she brings within readers' grasp the peace that passes understanding. Anyone who is overwhelmed by all of the urgent demands on their time will find in this book a lifeline to true peace. 2018 Christian Book Award® This Journey Is as Perennial as the Seasons GraceLaced is about more than pretty florals and fanciful brushwork—it's about flourishing. With carefully crafted intention, this beautiful volume of 32 seasonal devotions from artist and author Ruth Chou Simons encourages readers in any circumstance to become deeply rooted in God's faithful promises. GraceLaced extends a soul-stirring invitation to draw close to God while... resting in who He is rehearsing the truth He says about you responding in faith to those truths

remembering His provision to sustain you, time and time again More than 800 individual pieces of art came together in the crafting of this book, including dozens of new, hand-painted Scripture vignettes that Ruth is known for. Who we are and who God is never changes, even though everything else rarely stays the same. Let this book point you to truth as you journey through the changing seasons of your heart. Offers advice to women on such topics as encouraging a husband, living above one's circumstances, and the vocations of wife and mother, in a guide that includes a Bible study and project suggestions. Original.

From Panic to Power is Lucinda Bassett's inspiring account of the proven techniques she used to overcome anxiety disorder and regain control of her life. A bestseller with more than 72,000 hardcover copies sold, From Panic to Power offers techniques and skills to the ever-growing number of people who are adversely affected by today's overwhelmingly stressful environment. Lucinda Bassett's effective program, which teaches people how to think differently and respond in a less anxious way, is enabling hundreds of thousands all over the world to transform their draining doubts, fears, and anxieties into positive energy and newfound freedom. Her methods allow sufferers to gain a new understanding of themselves and their challenges when dealing with anxiety and teach effective skills to help transform negative self-talk and destructive worry habits into recently discovered compassion and confidence.

As a woman who wants to follow Jesus in her everyday life, you yearn for intimacy with God. You long to know His presence, to be satisfied in heart and soul, but you don't know how. You feel like you're trudging through your days, making sure you're doing everything you can for Him . . . but you can't shake the feeling that something is missing. Linda Dillow understands. She longed for depth of intimacy with God, but in the middle of a busy and complicated life, realized that she'd settled for serving Him. And when our actions for God are our primary focus, we miss the extraordinary honor of getting to be with Him. So how can we be with Him? Through a life of worship. True worship is both a specific act and a lifestyle. As you learn what it means to bow your knee (the act of worship), you'll gain a renewed intimacy with God. And as you learn to bow your thoughts, words, work, attitudes, will, and even pain (the lifestyle of worship), you'll be drawn into God's holy and life-giving presence--the place where He will truly satisfy your thirsty soul. This journal will help you move into a life of worship and discover deeper intimacy with God in an intentional and life-giving way.

Be Free from the Worries That Weigh You Down. If you're trembling on a tightrope of fear and worry, get ready for the best trade ever: your cares for God's calm. What if faith, not fear, could be your default reaction to circumstances? Imagine being able to walk away from worry, conquer the need to control, get rid of guilt, and end if-only thinking. That's God's offer. He wants to exchange your burdens for an abundance of mercy, gratitude, and trust. To replace striving and stress with a faith-filled life in which you'll see God's goodness, feel calm in chaos, and find peace through prayer. Bestselling author Max Lucado understands what it's like to feel overwhelmed by anxiety. Through unforgettable stories and biblical wisdom, he offers powerful tools to help you manage your fears and worries.

Have you bought the lie? Many of us do. We measure our worth by what others think of us. We compare and strive, existing mostly for the approval of others. Pressure rises, anxiety creeps in and we hustle to keep up. Jesus whispers, I gave my life to set you free. I gave you purpose. I called you to live in freedom in that purpose. Yet we still hobble through life, afraid to confess all the ways we push against this truth, because we can't even believe it. We continue to grasp for the approval of anyone that will offer it: whether strangers, friends, or community. Christ doesn't say you can be or may be or will be free. He says you are free. Dare you believe it? In You Are Free, Rebekah invites you to: • Overcome the exhaustion of trying to meet the expectations of others and rest in the joy God's freedom brings. • Release stress, anxiety and worry, to uncover the peace that comes from abiding in His presence. • Find permission to grieve past experiences, confess areas of brokenness, and receive strength in your journey towards healing. • Throw off self-condemnation, burn superficial masks and step boldly into what our good God has for you. • Discover the courage to begin again and use your newfound freedom to set others free. Freedom is for everyone who wants it—the lost, the wounded, and those weary from all of the striving. It's for those who gave up trying years ago. It's for those angry and hurt, brilliant and burnt by the Christian song and dance. You are the church, the people of God. You were meant to be free.

"The ... story of a fourteen-year-old sentenced to life in prison, of the extraordinary relationship that developed between him and the woman he shot, and of his release after twenty-six years of imprisonment through the efforts of ... legal activist Bryan Stevenson"--

What's It Like to Be Married to Me? is about knowing the difference between having a desire for a better marriage and setting the goal of a better marriage—as readers look in the mirror to see how they can change. Bestselling author Linda Dillow understands that most women want more from their marriage but don't know how to get it. In What's It Like to Be Married to Me?, Dillow challenges readers to ask the riskiest questions: What is it like to be married to me? What is it like to make love with me? Why do I want to stay mad at you? Extremely intimate and honest, What's It Like to Be Married to Me? is not a book about marriage at all. It is a book about how to live out marriage, day-by-day and year-by-year, and watch who you become as a wife impact the intimacy in your marriage!

A Bible study about sex for women? Now that's different! This new study, Passion Pursuit: What Kind of Love Are You Making?, lets God's Word speak about sex as being holy and erotic, blessed by God, and satisfying far beyond what the world can even imagine. Picture that as a headline on the cover of Cosmopolitan! By using scripture throughout the Bible, Passion Pursuit not only urges women to pursue passion but details how God has given them permission to do so. Though there is fun to be had along the way in this study, it hits hard on the questions women have but are hesitant to ask, like: What does God say is okay and not okay in the bedroom? I'm 54 years old; how can my husband still be attracted to me? Why did God make men and women so different? This audaciously bold study combines the psychological expertise of Dr Juli Slattery, formerly of Focus on the Family, along with moving stories from trusted Bible teacher and best-selling author Linda Dillow. The groups who have already done this study have seen their marriages come alive, whether they've been married four months or forty years; be next!

When your life is over, everything you did will be represented by a single dash between two dates—what will that dash mean for the people you have known and loved? As Joseph Epstein once said, "We do not choose to be born. We do not choose our parents, or the country of our birth. We do not, most of us, choose to die. . . . But within this realm of choicelessness, we do choose how we live." And that is what The Dash is all about. Beginning with an inspiring poem by Linda Ellis titled "The Dash," renowned author Mac Anderson then applies his own signature commentary on how the poem motivates us to make certain choices in our lives—choices to ignore the calls of selfishness and instead reach out to others, using our God-given abilities to brighten their days and lighten their loads. After all, at the end of life, how we will be remembered—whether our dash represents a full, joyous life of seeking God's glory, or merely the space between birth and death—will be entirely up to the people we've left behind, the lives we've changed.

Filled with encouragement and practical help for overcoming anxiety, this book by Linda Dillow includes a twelve-week Bible study to help you discover what the Bible says about contentment and ways to apply it in your daily life.

This Life We Share is a woman's guide to living well—from the inner journey of dealing with anxiety and insecurity to the everyday moments of waiting and distraction to practical principles for parenting, grandparenting, and aging. Jesus once said of the woman who anointed his feet, "She did what she could" (Mark 14:8, NIV)--and that is the goal of this book: to provide insights and wisdom for walking through life with the confidence that you're doing "what you can" to live well for God, love others, and take care of yourself.

Would you like to discover how to live in an unforced rhythm of rest—a rest that is deeper, higher, and wider than you can imagine? Then, Come to Jesus. Receive from Jesus, and Experience with Jesus, the rest you need. Linda Troyer lived an anxious life that nearly killed her until she took Jesus up on His offer, "Come to Me and I will give you rest." In Rest Revealed, Linda explains practically and biblically how it's

possible to receive rest (even in the midst of stressful and uncertain times) through an experiential, intimate relationship with Jesus Christ—THE SOURCE OF REST. Allow the life-touching stories, practical insights, and six-week study guide to inspire you to receive your own tailor-made rest with Jesus.

Books for All Kinds of Readers Read HowYouWant offers the widest selection of on-demand, accessible format editions on the market today. Our 7 different sizes of EasyRead are optimized by increasing the font size and spacing between the words and the letters. We partner with leading publishers around the globe. Our goal is to have accessible editions simultaneously released with publishers' new books so that all readers can have access to the books they want to read. To find more books in your format visit www.readhowyouwant.com

The Healer is inviting you... God's word declares that there is healing for your deepest pains, hope for your biggest disappointments, and victory over your addictions, past hurts, and past failures. His name is Jehovah Rapha, the God Who Heals, and He can redeem your broken story. In these pages, you will meet nine courageous women who have agreed to tell their stories, to share with you how they moved from hopelessness and brokenness to hope and healing. Whether from sexual abuse, betrayal in marriage, or other harrowing experiences, the Healer invited them on a unique journey of redemption in the midst of deep pain. He is inviting you, too. Linda Dillow and Dr. Juli Slattery, cofounders of Authentic Intimacy, have been writing and ministering to women in the church and clinical context for several decades. Their wisdom and experience overflow in this work to give you a trusted resource in journeying toward healing. Includes a study guide for each chapter in the back of the book.

A delicately illustrated, full-color gift book tells an allegory of the hopes, fears, and joys of motherhood throughout the seasons of a mother's life, as she lovingly leads her children along life's winding path until they meet the Lord.

Through the Psalms, women can learn how to positively handle the disappointments of life, discern the comforting truth found in God's Word, and be encouraged to deal with the waves of trials, depression, and discouragement. Includes a 4-week Bible study.

Women who have maintained their sexual purity often ask, "Is it really that important for me to wait until I get married?" Meanwhile, single women who have been sexually active mourn the loss of their innocence, wishing they could somehow start again. Women want to protect the purity that is God's gift to them, and they also long to be loved. This volatile combination makes them vulnerable to temptation. That is why it is vital that women know not only that God wants them to wait, but why God wants them to do so. They need solid reasons, conviction, and a strategy that will prepare them to live out their sexual purity as God intends. Filled with powerful true stories of hope and healing, Gift-Wrapped by God provides compelling emotional and spiritual reasons for choosing God's path of sexual purity, as well as practical help for following it. Whether women have held onto their sexual innocence, have become prematurely sexually active, or have had their purity taken by force, they can express and fulfill their desire to come to their wedding day—and live out every day—sexually pure and whole.

A shy boy comes to life and finds his voice when the ghosts of seven dead pirates appear in his bedroom. A humorous, inspiring adventure with poignancy and depth, destined to become a middle-grade classic!

The "how-to-get-it-right" book for today's Christian man in marriage, family, work, friendships, with God in all of life. Men are hungry for authenticity and for sound and bold biblical teaching on true masculinity. Every day men ask themselves questions about how to be better fathers, husbands, friends, and men, but it's difficult to find satisfying answers. Rise of the Servant Kings explains that true masculinity is found in absolute surrender to God, which always results in humble character and is expressed in courage and generosity. When a man truly understands God's desires, he will naturally express godly masculinity, Ken Harrison weaves together his experiences as a police officer in one of the deadliest areas of the country, with many years as a business executive and ministry leader, to share deep truths for men direct from God's Word.

Are you longing to know God more intimately? Do you wonder what your Heavenly Father's thoughts are toward you? My prayer is that you find the answers to those and many more questions as you take this journey of faith with me. The Lord's love is like no other. It is all consuming and passionate. It has the power to calm your anxious heart, heal deep wounds within, and break strongholds in your life. He is patiently waiting to draw you into the shadow of His wings where you will find rest and comfort for your weary soul. Gently He will whisper tender mercies into the hidden places of your heart where no else can see. I dare you to uncover the secret treasures penned in His enduring Word for you, His precious daughter. Covenant promises await you. Captivating stories place you right on the pages of scripture and dramatic portraits depict the beauty of His intended relationship with you. Discover your true self in Him, after all He created you and knows you better than anyone else. Come take hold of His Mighty hand and walk awhile with your devoted Savior.

Stopping the spiral of toxic thoughts. In Get Out of Your Head, a six-session video-based Bible study, Jennie inspires and equips us to transform our emotions, our outlook, and even our circumstances by taking control of our thoughts. Our enemy is determined to get in our heads to make us feel helpless, overwhelmed, and incapable of making a difference for the kingdom of God. But when we submit our minds to Christ, the promises of goodness of God flood our lives in remarkable ways. It starts in your head. And from there, the possibilities are endless. This guide serves as a tool to prepare you in leading this Get Out of Your Head study and to encourage you along the way. It helps you as the leader to effectively point your group to the overarching theme of each lesson and point them to the themes of each study. This Get Out of Your Head Leader's Guide includes: Session-by-session helps to guide your group through the study. Walk-through for using each piece of the study: Videos, Study Guide, and Conversation Card Deck. The vision for Get Out of Your Head. Tips for leading your group, and much more. This guide is designed for use with the Get Out of Your Head Video Study (9780310116394), sold separately. Streaming video, study guide, and conversation cards also available.

As a woman who wants to follow Jesus in her everyday life, you yearn for intimacy with God. You long to know His presence, to be satisfied in heart and soul, but you don't know how. You feel like you're trudging through your days, making sure you're doing everything you can for Him . . . but you can't shake the feeling that something is missing. Linda Dillow understands. She longed for depth of intimacy with God, but in the middle of a busy and complicated life, realized that she'd settled for serving Him. And when our actions for God are our primary focus, we miss the extraordinary honor of getting to be with Him. So how can we be with Him? Through a life of worship. True worship is both a specific act and a lifestyle. As you learn what it means to bow your knee (the act of worship), you'll gain a renewed intimacy with God. And as you learn to bow your thoughts, words, work, attitudes, will, and even pain (the lifestyle of worship), you'll be drawn into God's holy and life-giving presence—the place where He will truly satisfy your thirsty soul.

Women have an innate thirst for true, genuine intimacy. Author Linda Dillow believes that this desire is created—and can

only be satisfied—by a relationship with God. This 12-week devotional Bible study encourages you to move from concept into practice and establish a lifestyle of worship. Find rest and freedom from stress and grief in God’s forgiveness.

Includes discussion questions.

Intimate Issues answers the twenty-one questions about sex most frequently asked by Christian wives, as determined by a nationwide poll of over one thousand women. Written from the perspective of two mature Christian wives and Bible teachers—women who you’ll come to know as teachers and friends—Intimate Issues is biblical and informative:

sometimes humorous, other times practical, but always honest. Through its solid teaching warm testimonials, scriptural insights, and experts’ advise, you’ll find resolution for your questions and fears, surprising insights about God’s perspective on sex, and a variety of practical and creative ideas for enhancing your physical relationship with the husband you love. With warmth and wisdom, authors Linda Dillow and Lorraine Pintus speak woman to woman: examining the teachings of Scripture, exposing the lies of the world, and offering real hope that every woman’s marriage relationship can become all it was intended to be in God’s design.

“It’s All Under Control is the gift your soul has been desperately seeking—to feel how His arms of love are under you, carrying you though it all.” —Ann Voskamp, New York Times bestselling author of *The Broken Way* and *The Greatest Gift*

It’s time to get our control under control. Jennifer Dukes Lee never thought she struggled with control. As long as everything went exactly the way she wanted it to, she was totally flexible. But then Jennifer discovered what happens when you try to wrap your arms around everything, thinking it’s all on you: You get burned out on hustle. You toss and turn more at night, and you laugh less during the day. You’re so busy—caring, serving, working, and trying so hard—that you can’t even hear God’s voice anymore. *It’s All Under Control* is a book for every woman who is hanging on tight and trying to get each day right—yet finding that life often feels out of control and chaotic. Join Jennifer on the journey of learning how to: Overcome the anxieties and worries that burden your heart Prioritize your busy life so you can make choices that align with God’s best for you Find freedom through a new “Do, Delegate, or Dismiss” approach to your daily tasks Let go of what God has not asked you to do, so you can shine at what he has Discover a new way of living that will free you to be you, and finally experience the peace of knowing a God who truly has it all under control.

More than 500,000 Copies in Print! *Helping Women Trust God and Overcome Anxiety--Field-Tested, Revised, and Updated for a New Generation of Readers* As women--whether single women, married women, moms, grandmothers--we worry a lot. We worry about our children, our friends, our careers, our families, our spouses--and the list goes on. We want to be content and trust God with our worries, but it's a struggle to let go and free ourselves from the burden of anxiety. If you're tired of worrying about all the what-ifs in your life and want to experience the calm and contentment that the Bible promises, *Calm My Anxious Heart* is what you've been looking for. Filled with encouragement and practical help for overcoming anxiety, this book includes a ten-week Bible study to help you discover what the Bible says about anxiety and contentment and ways to apply it to your daily life. This classic book has been field-tested, revised, and updated for a new generation of readers. A companion journal is also available to record your thoughts as you listen to God's teaching, embrace the present, and live with joy. With *Calm My Anxious Heart*, you can let go of anxiety and experience contentment that comes from trusting God.

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