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Finally Fearless: Journey From Panic To Peace



Synopsis

Do fear and anxiety rule your life? They used to rule mine. Anxiety kept me from dating and almost prevented me from going after the one dream I wanted most in life: to find true love. This is the book I was too afraid to write and definitely too afraid to publish. That would mean others could read some of my most private thoughts, pieces of my most difficult and painful journey. Most of my life, I put on a good face, that "life is perfect" façade. It was a sham. Then I realized I had to face my problems, my past, and my fears if I ever wanted to live a normal, healthy life and be able to find true love and get married. In writing this book, I decided to join the imperfect human race. I wrote it because I needed to heal. Maybe you need to heal, too. Through writing about my story of panic, fear, and seemingly irrational anxieties, I uncovered so much about panic and anxiety disorders, coping techniques, causes of anxiety and fear, soul-searching activities to help unearth the root of anxiety problems, and methods that can bring about healing. After many years of stagnancy, I found hope. God walked me through every step to help me find ways to grow, heal, change, and climb out from under the relentless thumb of anxiety. I can honestly say I am now healed. Are you tired of fighting against your fears? Has panic interrupted your life? Has anxiety stopped you from going after your dreams? Has it kept you out of close relationships? I encourage you to read my story and start your soul-searching journey now so you, too, can venture toward peace. Finally Fearless is filled with practical advice, exercises, personal stories, and tangible ways for readers to participate in their healing. Also available: Finally Fearless Workbook for churches, book clubs, and individuals who'd like a hands-on approach to the exercises of this book.

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

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Customer Reviews

I really admire Cheryl McKay for writing this book! I know this book will be so helpful to so many people suffering from panic or anxiety, but it also must have been a very hard book to write. She is so candid and honest in her stories, sharing such intimate details of her own struggles. As you read this, you realize you are not alone in your struggles, there are others out there that have similar problems and issues. Better yet, you realize there is hope! You don't have to stay in the bondage to fear and anxiety, you can break free and Cheryl gives such great Biblical advice to help with that along with her own testimony about how God helped her during some really hard times in her life. I also highly recommend you get her companion workbook *Finally Fearless Workbook: Journey from Panic to Peace*.

Finally Fearless is an incredible work! It takes you on a journey from a life of complete brokenness and pain to one that's fully restored and healed through the power of the Holy Spirit. Not only does Cheryl tell you what to do to receive your healing, she shows you HOW, step-by-step, illustrating with her own real life examples how to make biblical principles work in your heart. Cheryl shares moments of despair in the depths of depression and then gives a clear pathway to hope and healing. Her testimony is powerful! And if you're one of the few in this world whose life has not been touched by any kind of abuse (physical, sexual, verbal, spiritual) - praise God! But know that there are people in your life right now who have been ravaged by it. Once you read this book, you'll understand more how they're feeling, what they're thinking, and most importantly, how you can help them. Highly recommended!

Seriously. This book could be a lifesaver, or at least a major help in improving quality of life for anxiety sufferers. Like this author's previous title, *Finally the Bride: Finding Hope While Waiting*, reading this book is like sitting with someone you've known all your life, someone who is brave enough set aside her pride and tell you the often humiliating truth about the hard road panic is to travel. Cheryl McKay gets it. She tells you where panic's pitfalls are and gives you effective tools to find the way out of them or, better yet, to avoid them altogether. Anxiety has so many different forms and triggers, but there is something in this engrossing book for everybody who has suffered with it.

In and of itself, the author's personal story is a fascinating page-turner. But I also love how this book is laced with deeply revealing journal entries, encouraging Bible verses, and practical advice for physical, emotional, and spiritual healing. I highly recommend both this book and its companion Finally Fearless Workbook: Journey from Panic to Peace. They're a must-read and a must-apply set.

In this book, Cheryl McKay never pretends like the road to freedom from her anxiety was easy. However, the fear is not the end of her story; she has gained victory over anxiety's debilitating effects. And, as is true in her book nonfiction book Finally the Bride and her fiction book Never the Bride, God is the star and author of this story too. Cheryl shares her very candid, courageous, up-and-down, journey into her anxiety (and the pain, shame, and frustration that went along with it) to find peace within herself, as well as a deeper connection with God. If you struggle with anxiety and have been looking for a friend who can empathize with your struggle, or even encourage you that there is hope, sit with Cheryl for a bit as she shares her journey. You may find that Jesus meets you there too.

Cheryl McKay has written THE book that those suffering from anxieties must read. Her candid account of the paralyzing fear that she encountered while growing up and into adulthood will definitely help many people who suffer from many different kinds of fear. FINALLY FEARLESS: JOURNEY FROM PANIC TO PEACE will take the reader to the point where they will discover that they are not alone. They will be able to identify with Cheryl & realize that there is an answer. They can move toward a healing peace that passes all understanding. Be sure to get the companion book: FINALLY FEARLESS WORKBOOK: Journey from Panic to Peace, and do the exercises suggested as you move from panic to peace.

With courage and an endearing transparency, Cheryl once again opens her life as a tribute to the grace of her Lord. From the valleys of despair to the mountaintops of victory, through the deserts of loneliness to the healing springs of God's personal words to her heart, Cheryl reveals her journey from panic to peace. And in the process, she offers hope and help to those who, like she was for so many years, are bound by fear and panic. She is living proof that our Savior did, indeed, come to set the captives free!

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