



# Finding Freedom from Anxiety and Worry

*Dr. William Backus*

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## **Finding Freedom from Anxiety and Worry** Dr. William Backus

Thousands of people have seen their lives improve with the help of Dr. William Backus. Here he explains how misbelief therapy can be used to replace worry-producing thoughts with peace-giving truth. Practical and realistic, this book doesn't promise a worry-free life, but it does show readers how to ease and reduce anxiety and even use it to become the person God wants them to be.

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