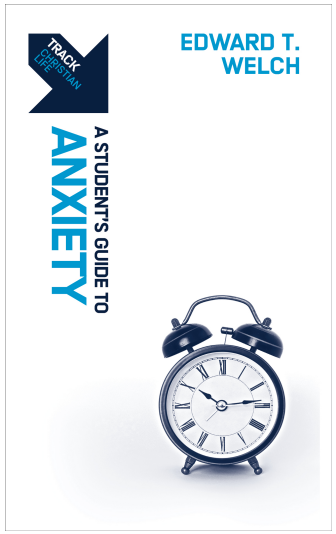
# Track: A Student's Guide to Anxiety

*Edward T. Welch*

**RELEASE DATE 06 MARCH 2020**

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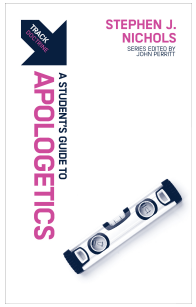


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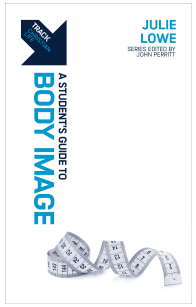


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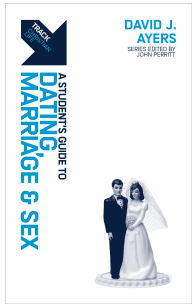


**DESCRIPTION**

We all know the feeling. That nervous, jittery, tense feeling that tells you that something bad is just ahead. Anxiety can be overwhelming. But the Bible has plenty to say to people who are anxious. This book will help us to take our eyes off our circumstances and fix them on God.

**MARKETING POINTS**

How to deal with anxiety

For younger adults

Part of the 'Track' series

**AUTHOR**

Counselor & Faculty at Christian Counseling and Educational Foundation and author of 'When People Are Big and God is Small', 'Running Scared', and 'Shame Interrupted'

**ENDORSEMENTS**

In this little book, Ed Welch provides big biblical solutions that get to the heart of the matter and that last. It rejoices my heart to think of all the students that will have their lives transformed by the truths in these pages.

**David Murray**
*Senior Pastor, First Byron CRC, Byron Center, Michigan and author of 'The StoryChanger' and 'Jesus on Every Page'*

This is a book about you, about something you face every day. Reading this will help you identify and deal with the core of your anxieties, and it gives answers that are not bandaids or simplistic. This book is perfect for teens trying to understand where their anxiety comes from, but be careful parents, it might have more to say to you than you realize!

**Alasdair Groves**
*Executive Director of CCEF*

Ed Welch is one of the church's foremost counselors, and this book will help you not only understand your own heart, but the hearts of those you love. Dr. Welch's books have been immensely helpful to me, and this book is no exception.

**J. D. Greear**
*Pastor, The Summit Church, Raleigh–Durham, North Carolina*

Our risk–averse society with its prophecies of doom is a breeding–ground for anxiety, not least among children and teens. Ed Welch here offers young people a means to understand the roots of their own fears and discover how to live every day with genuine hope.

**Ann Benton**
*Author and family conference speaker, Guildford, England*

**TECHNICAL DETAILS**

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