



Anxious for Nothing: God's Cure for the Cares of Your Soul (John MacArthur Study)

Jr., John MacArthur

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Stress has become part of our daily lives. We worry about our jobs, our relationships, and our families. And while there's no lack of remedies for anxiety, no solution seems to offer true peace of mind.

John MacArthur, Jr. believes that peace is not only possible, it's a divine mandate. Drawing from a rich legacy of teaching and ministry, MacArthur puts aside cultural cures to uncover the source of our anxiety and stress. Based on solid Biblical insights, *Anxious for Nothing* shares how we can overcome uncertainty, defeat doubt, and be truly worry-free.

This revised and updated edition includes a guide for both personal and group study and features discovery questions, suggestions for prayer, and activities, all designed to connect life-changing truths with everyday living.

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