



# Looking Anxiety in the Face: Wisdom For All Who Worry (Living Well (Augsburg))

*Herbert Brokering*

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In this simple book Herb Brokering comes face-to-face with many of his own anxieties and in the process teaches readers to quiet the noisy worries they confront in their own lives. While books on anxiety abound, the very personal and pastoral nature of this book sets it apart from the others. Beginning with the very first page, readers realize the presence of imagination and hope as Brokering puts words to his own angst. In doing so, he truly offers wisdom for all who worry.

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