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## News Release

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## Is it Possible to Conquer Anxiety and Fear?

*“Fear Less for Life” Gives Hope to Those Suffering from Panic, Fears or Phobias*

**NASHVILLE**—When tragedy occurs, the resulting fear can be overwhelming. *According to a recent Gallup Poll, more than a quarter of Americans have changed the way they lived because of fears rooted in the September 11 attacks.* In their new book, **“Fear Less for Life: Break Free to Living with Hope and Confidence”** (Thomas Nelson), Stephen Arterburn, Dr. Paul Meier, and Dr. Robert L. Wise describe how to find peace in the midst of chaos and tragedy.

“If you have given up on God,” they write, “because He did not fulfill your desire to keep you free of all danger and potential disaster, you might want to take a second look at your expectations. God never promised you a trouble-free life. But He does promise to be there with you in the dark times and the stormy seas, to give you hope in spite of fear. This knowledge becomes the foundation for living free of fear’s chains.”

In “Fear Less for Life,” Arterburn, Meier and Wise demonstrate how to live confidently through any circumstance. With five specific steps, they explain how to subdue any fears that are spiraling out of control. And they help readers identify their fears, discover answers for lingering fears that haunt them, and build for their future by utilizing their fears.

In their biblical and psychological research, the authors discovered that one of the greatest secrets to overcoming fear is love. “As amazing and overwhelming as it may sound, love does have the capacity to change our perspectives so radically that we can set aside our worst fears,” they write. “Even the results of tragedy and death can be eventually swallowed by the power of love.”

“Fear Less for Life” is 206 pages and will be available in October in hardcover at the sale price of \$19.99 (ISBN: 0-7852-7127-9).

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**Editor’s Note:** For more information or to set up an interview with Stephen Arterburn or Dr. Paul Meier, contact Melanie Dobson at (719) 282-3822 or at [melanie@dobsonmedia.com](mailto:melanie@dobsonmedia.com).