



The End of Worry: Why We Worry and How to Stop

Will van der Hart, Rob Waller

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Do you find yourself worrying and unable to stop?

Does worry consume your days and keep you up at night?

Do you know that worry doesn't help, but you keep worrying anyway?

If you are holding this book, it's likely that you or someone you know has a problem with worry. Within these pages, you will find an understanding of what worry is, why we worry, and how to worry less. This easy-to-read mix of cutting-edge psychology, biblical teaching, personal experience, plentiful anecdotes, and practical exercises will help anxious readers overcome the troubling problem of worry and find new joy in every day.

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