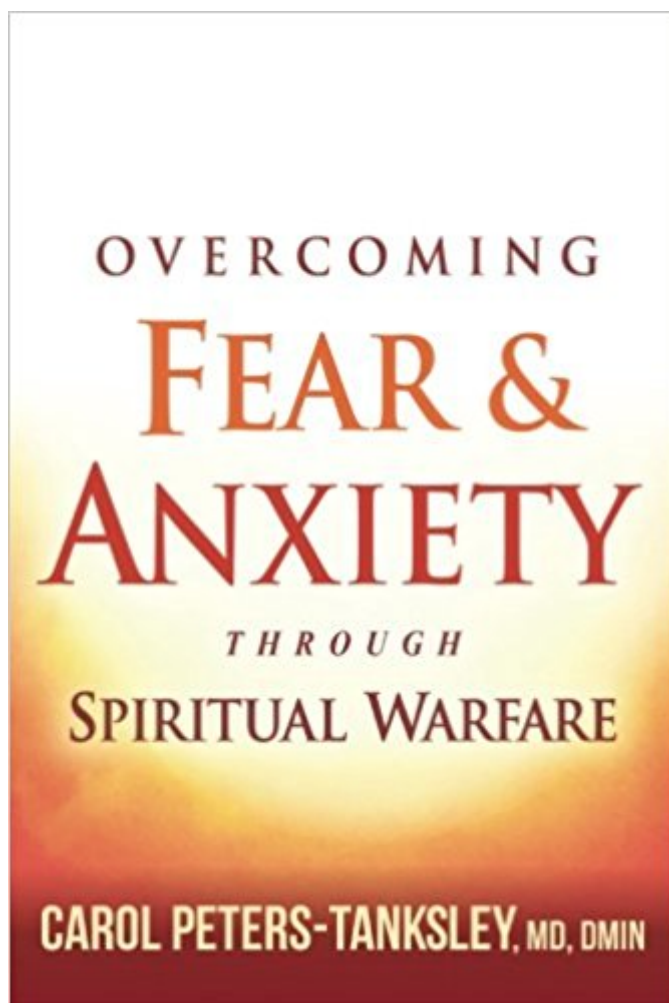




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# Overcoming Fear And Anxiety Through Spiritual Warfare



## Synopsis

Identify the root of your fear and anxiety and receive both spiritual and practical direction for change. Dr. Carol Peters-Tanksley understands that Christians are not immune to stress or to the fear and anxiety many experience as a result. As a practicing ob-gyn with more than twenty years' experience, and as an ordained Christian minister, she understands how to properly address stress from a spiritual perspective. Dr. Carol helps you experience improved psychological well-being through:

- Understanding specific spiritual and psychological truths
- Employing successful spiritual warfare practices

You will be empowered to decrease psychological distress and begin a new life free from the weight of fear and anxiety.

## Book Information

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## Customer Reviews

Carol Peters-Tanksley, MD, DMin (known professionally as "Dr. Carol") is an ob-gyn, ordained Christian minister, author, and speaker. She has practiced medicine for twenty-five years and is board certified in obstetrics-gynecology and reproductive endocrinology. Dr. Carol received her medical degree from Loma Linda University and completed an ob-gyn residency at Loma Linda University Medical Center, Loma Linda, California. She obtained her Doctor of Ministry degree from Oral Roberts University, Tulsa, Oklahoma. Dr. Carol hosted the Dr. Carol Show syndicated radio program together with her husband, Al Tanksley, until his death in 2016, and she now is a regular guest on other radio programs. She connects with readers from around the world through articles and media resources on her website, [www.drCarolministries.com](http://www.drCarolministries.com). Dr. Carol makes her home in Austin, Texas, where she enjoys being Grandma Carol to four wonderful grandchildren.

I was part of Dr. Carol's book launch. All aspects of anxiety are given purposeful response and biblical ways to address them as well as physical and mental. This is a wonderful resource!! I have benefitted so much

Excellent. Well written book on this difficult subject. It comprehensive.

Thank you so much for writing this book. This was truly a game changer in my life! God bless you.

Absolutely love this book!!!

I love that the book makes claims that are supported by both science and scripture, aside from the fact that it is well-written and easy to read. Dr. Carol, the author, considers the whole person: body, mind, and spirit when addressing the causes and cures for anxiety. First, she addresses physical and psychological causes of anxiety. She encourages readers to seek medical attention if they have any physical issues that may need addressed as illness can contribute to anxiety. I have found this to be true in my life as it is hard to think straight when I don't feel well. Then, she asks readers to consider how they think about various situations and circumstances and to consider if they are contributing to their anxiety through negative self-talk. She offers multiple examples as to how to reframe thoughts to be more positive. This has really helped me to immediately remove anxiety by considering other sides of the circumstances and telling myself this can be overcome, and by thinking about past experiences that I thought would be horrible but turned out all right. Yet, she also cautions readers against thinking it is merely mind of matter because clearly we still have to do something. Dr. Carol clearly recognized the complexities of the roots of anxiety and does not assume a "one size fits all" approach. Finally, she addresses spiritual warfare and how we can be attacked by the enemy and how to combat those attacks. Appropriate scriptures are used to support the idea of warfare and to illustrate how we are to respond to such attacks. And in this section, she cautions against attributing too much or too little power to the enemy, again, taking a balanced approach to help the reader in their quest to be free from anxiety. I have been amazed at how scriptures I've read multiple times have become new as I read them in this context and apply them to anxious thoughts. This book is full of tools that diligent readers can put into place in their lives to immediately to begin to experience freedom. I will be reading this again and again.

While reading this book I learned some valuable lessons. I was able to quiet myself and hear clearly from God. For many years I had tried to kill this annoying vine in my garden. I had pulled it, cut it, and dug up but the vine kept coming back. After being upset by something said to me by a loved one I went out in my garden to think. I was amazed to find the vine I had tried so hard to destroy was blooming. Not only was it blooming but much to my surprise it was a vine I had wanted in my garden for years. It was then that I heard in my spirit God say to me "if you continue to listen and believe the people around you when they say things to cut you down, you will never grow into the person I created you to be. Just like this vine it couldn't bloom as long as you continued trying to destroy it, the choice is up to you" I knew then that this book and the advice in it had helped me clearly hear from God. I encourage you to read this book and learn how to grow into the person God created you to be. Thank you Dr Carol for sharing your wisdom with us.

As someone who has fought anxiety for most of my life, this book really gave me a blueprint for combating it and for finally setting anxiety and fear aside. This book has spoken to my heart and mind in a way that nothing else has regarding anxiety. Each and every page has something I write down in my journal so I can refer to it again. It's a definite page turner and so easy to read and understand. I think the one thing that has stood out to me the most is the fact that I need to be responsible for what I can be responsible for and let go of the things I'm not responsible for. Such a simple concept yet this was a huge lightbulb moment for me! It was especially profound to me that the author had fought fear and anxiety herself so this was something she had gotten past herself. Many of the ways the anxiety manifested itself in her body, was so much like my own, so it intrigued me that her episodes of these physical problems completely stopped once she got the anxiety under control through spiritual warfare. This is a practical book filled with the power of God's Word and I highly recommend it to anyone who is suffering from this debilitating issue. I give it 5 out of 5 stars.\*This book was provided to me for my honest review by the author.

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