



# From Fear to Faith: A Worrier's Guide to Discovering Peace

*Gary Zimak*

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The Bible says “be not afraid” but it's next to impossible to do that when faced with the big - and small - “what-ifs” of life. Chronic worrier Gary Zimak is no stranger to fear and anxiety, and in *From Fear to Faith* he shares his process for overcoming common and wearying fears and embracing the calm strength of faith through his 5-P method. As Gary says, by doing what we can and letting God take it from there, we can start feeling less anxious and more at more at peace today!

Through biblical examples, prayers, and personal stories, Gary Zimak will help you start the journey from fear to faith as soon as you're ready. From what to pack to who needs to join you on the ride Gary ensures you're prepared for whatever anxiety-inducing situations meet you on your journey.

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