



# The Worrywart's Prayer Book: 40 "Help-Me-Get-A-Grip, God" Meditations and Prayers

*Allia Nolan*

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If you've never worried a day in your life, this isn't the book for you. Everyone else pick up a copy—fast.

Whether you're a single and anxious to meet Mr. Right; a fast-tracker worried about a reorganization; a middle-ager pacing the floor over wrinkles and gray hair; a wife who obsesses over her husband's well-being, or a perfectionist petrified of failure, The Worrywart's Prayer Book has an answer for you. Using anecdotal stories that mirror our own lives, Scripture, and personalized entreaties, this witty and poignant book demonstrates how the Bible, prayer, and faith in God's Will can help people of all ages learn to break the worry habit and enjoy a calmer, peaceful, God-trusting life.

A truly thought-provoking, funny and uplifting book for anyone who has ever agonized over:

- What People Say are What People Think.
- Ten Pounds of Flesh.
- Change.
- Other People's Lives.
- Terrorism.
- Being Alone.
- Material Possessions, Death, Money, Timing, Accepting Joy . . .

and everything else.

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