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Finding Serenity in the Age of Anxiety

By Robert Gerzon



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Finding Serenity in the Age of Anxiety By Robert Gerzon

Are you among the millions affected by the stress and anxiety of modern life?

In this groundbreaking book, Robert Gerzon approaches the age-old problems of anxiety, stress, and fear from a new perspective, one that leads to personal and spiritual growth. He dispels the myth that all anxiety is bad and shows that it is a natural--even sacred--part of life. Gerzon brings the surprising message that "learning how to be anxious about the right things in the right way" may actually be our most direct route to serenity. In a brilliant analysis, he unravels three distinct strands from anxiety's tangled knot and demonstrates how to get them working for us instead of against us:

Transform Toxic Anxiety's exaggerated, self-destructive fears and worries into emotional healing and self-awareness.

Harness Natural Anxiety's arousal and excitement to surmount real dangers and take advantage of new opportunities.

Embrace Sacred Anxiety's sense of awe and wonder and its existential questions of meaning and purpose to discover your true self and the unique gift you have to give the world.

Destined to become a classic in the tradition of *The Road Less Traveled*, *Finding Serenity in the Age of Anxiety* offers inspiration and new insight into the most fundamental problem of human life. Weaving together psychology, spirituality, mindbody medicine, myth, case studies, and practical self-help techniques, Robert Gerzon's book can free you to live your life with greater passion and deeper serenity.



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Editorial Review

Review

"Robert Gerzon provides genuine insights into the power we all possess to transform our lives and embrace the boundless opportunities for positive change."

Deepak Chopra, M.D. Author, *The Path to Love; Ageless Body, Timeless Mind; Quantum Healing*

"In this fascinating and helpful book, Gerzon brings fresh approach to exploring both age-old issues and present-day pressures."

Publishers Weekly

"Our anxious age desperately needs the lesson of this book. A valuable contribution."

Larry Dossey, M.D. Author, *Prayer is Good Medicine, Healing Words, Recovering the Soul*

From the Publisher

"Robert Gerzon provides genuine insights into the powers we all possess to transform our lives and embrace the boundless opportunities for positive change."

--Deepak Chopra, M.D., author of *The Seven Spiritual Laws of Success*

"In warm and inspiring prose, Gerzon offers understanding, practical help, and emotional support for all those who endure the fear and the relentless strains of modern life."

--John Gray, author of *Men Are from Mars, Women Are from Venus*

"Our anxious age desperately needs the lesson of this book."

--Larry Dossey, M.D., author of *Prayer Is Good Medicine*

From the Inside Flap

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Book is actually written, printed, or illustrated for everything. You can know everything you want by a reserve. Book has a different type. As you may know that book is important thing to bring us around the world. Adjacent to that you can your reading ability was fluently. A reserve Finding Serenity in the Age of Anxiety will make you to become smarter. You can feel more confidence if you can know about almost everything. But some of you think in which open or reading a book make you bored. It is not necessarily make you fun. Why they can be thought like that? Have you looking for best book or suitable book with you?

Theo Garcia:

Reading a reserve tends to be new life style with this era globalization. With examining you can get a lot of information that could give you benefit in your life. Together with book everyone in this world can easily share their idea. Books can also inspire a lot of people. A great deal of author can inspire their reader with their story or maybe their experience. Not only the storyline that share in the books. But also they write about advantage about something that you need example. How to get the good score toefl, or how to teach your kids, there are many kinds of book which exist now. The authors these days always try to improve their proficiency in writing, they also doing some exploration before they write to their book. One of them is this Finding Serenity in the Age of Anxiety.

Edwin Bernal:

The guide with title Finding Serenity in the Age of Anxiety possesses a lot of information that you can learn it. You can get a lot of gain after read this book. This specific book exist new information the information that exist in this reserve represented the condition of the world currently. That is important to yo7u to learn how the improvement of the world. This specific book will bring you with new era of the internationalization. You can read the e-book with your smart phone, so you can read that anywhere you want.

Christine Emmons:

The actual book Finding Serenity in the Age of Anxiety has a lot of knowledge on it. So when you read this book you can get a lot of help. The book was published by the very famous author. The author makes some research before write this book. That book very easy to read you will get the point easily after scanning this book.

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