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Managing Your Fears And Anxieties With The Help Of God

By Stan Popovich

Dealing with fear and anxiety can be very difficult. As a result, using the help of God can be very effective in managing your fears. With this in mind, here are some suggestions on how a person can use the help of God in his or her own struggles.

The first step a person should do is to start talking and praying to God. A person can go to church or to a quiet place during the day to tell God that they are having a problem. They should tell God how they feel and ask God for some of his help. A person could also review the Bible and read some articles on trusting in God and then apply these concepts in their life. Each and every day, a person should make it up a habit to talk to God and ask for his help.

When using the help of God to manage your fears, a person needs to be aware of how God is working in their life. Most of the time God works in mysterious ways and the answers he provides might not be that obvious. A person must be aware of God being in their life even when they are dealing with their fears and anxieties.

A person must also be sensitive to the answers God gives them. Some people think that the answers that God provides must be religious in nature. That is not always the case. God may provide the answers in a way that might not be religious in nature. These answers could involve basic psychology and cognitive techniques that deals with how to manage fear and anxiety. The point to remember is that although a person may use these psychology methods, its important to use God/Jesus as the center of everything in your life and in your struggle.

Finally, the most important thing is to continue praying and talking to God. Talk to God as if you were talking to a friend. Read the Bible and pray hard. Be persistent and be open in the avenues that God may provide to you in solving your problem. It is not always easy, however God is in control and he will help you if you ask him.

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods"—a book that presents a overview of techniques in managing Fear. For more info go to:

<http://www.trebleheartbooks.com/mvStanPopovich.html>

For free articles on managing

fear please go to:

<http://www.managingfear.com>

Giving Up In Dealing With Your Fears Is Not An Option

By Stan Popovich

Your fears, anxieties, and other problems have the best of you and you don't know where to turn for help. At some point you feel totally helpless as you struggle each day. What do you do?

As a layman and an author of a Managing Fear book, there were times that my fears had the best of me. Through these experiences, there is one thing that I learned. You can't hide or runaway from your fears.

Taking drugs, drinking, or other addictions will not take away your problems and fears. In the short run, they will make you feel better but in the long run these addictions will only make things worse.

So what do you do to make your problems and fears go away? Well, since you can't runaway from them, then the best solution is to tackle your fears head on no matter how strong they may be. The key is to be smart in how you try to manage these fears. Here are some ways in how to manage your persistent fears and anxieties.

Take it one day at a time. Instead of worrying about how you will get through the rest of the week or coming month, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. Focus on the present and stop trying to predict what may happen next week. Next week will take care of itself.

Learn how to manage your fearful thoughts that may be difficult to manage. When experiencing a negative thought, read some positive statements and affirmations that help lift your spirits and make you feel better. Remember that your fearful thoughts may be exaggerated so balance these thoughts with realistic thinking and common sense.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Managing your fears and anxieties takes practice. The more you practice, the better you will become.

When managing your fears and anxieties do not try to tackle everything at once. The best solution is to

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break your fears or problems into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success.

Managing your fears and anxieties will take some hard work. Trying to avoid you problems will do nothing in getting rid of your fears and anxieties. Sooner or later, you will have to confront your fears and anxieties. Remember that all you can do is to do your best each day, hope for the best, and take things in stride. Patience, persistence, education, and being committed in trying to solve your problem will go along way in fixing your problems.

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