

Anxiety Resources

Biblical Resources:

1. *A Bright Tomorrow: How to Face the Future Without Fear* by Jared Mellinger (New Growth Press)
2. *A Shepherd Looks at Psalm 23: Discovering God's Love for You* by W. Phillip Keller (Zondervan)
3. *A Small Book for the Anxious Heart: Meditations on Fear, Worry, and Trust* by Edward T. Welch (New Growth Press)
4. *A Still and Quiet Mind: Twelve Strategies for Changing Unwanted Thoughts* by Esther Smith (P&R Publishing)
5. *Anxiety: Anatomy and Cure* by Robert W. Kellemen (P&R Publishing)
6. *Anxiety: Knowing God's Peace* (31-day Devotional Series) by Paul Tautges (P&R Publishing)
7. *Anxious About Decisions: Finding Freedom in the Peace of God* (Ask the Christian Counselor Series) by Michael Bembola (New Growth Press)
8. *Beside Still Waters: Words of Comfort for the Soul* by Charles Spurgeon (Various Publishers)
9. *Created to Care: God's Truth for Anxious Moms* by Sara Wallace (P&R Publishing)
10. *Fear and Faith: Finding the Peace Your Heart Craves* by Trillia Newbell (Moody Publishers)
11. *Fight Your Fears: Trusting God's Character and Promises When You Are Afraid* by Kristen Wetherell (Bethany House Publishers)
12. *Future Grace* by John Piper (Multnomah Publishing)
13. *Gospelbound: Living with Resolute Hope in an Anxious Age* by Collin Hansen (Multnomah Publishing)
14. *Hope in an Anxious World: 6 Truths for When Things Feel Overwhelming* by Helen Thorne (The Good Book Co.)
15. *I'm Stressed: A Path from Pressure to Peace* (Ask the Christian Counselor Series) by Eliza Huie (New Growth Press)
16. *Loving God with All Your Mind* by Elizabeth George (Harvest House Publishers)
17. *Mindscape: What to Think About Instead of Worrying* by Timothy Z. Witmer (New Growth Press)
18. *My Name is Hope: Anxiety, Depression and Life after Melancholy* by John Mark Comer (Graphe Publishing)
19. *On Getting Out of Bed: The Burden and Gift of Living* by Alan Noble (Inter-Varsity Press)
20. *Overcoming Fear, Worry and Anxiety: Becoming a Woman of Faith and Confidence* by Elyse Fitzpatrick (Harvest House Publishers)
21. *Restless Devices: Recovering Personhood, Presence, and Place in the Digital Age* by Felicia Wu Song (Inter-Varsity Press)
22. *Running Scared: Fear, Worry, and the God of Rest* by Edward T. Welch (New Growth Press)

23. *The Path to Peace: Experiencing God's Comfort When You're Overwhelmed* by Ann Swindell (Bethany House Publishers)
24. *The Problem of Pain* by C.S. Lewis (Various Publishers)
25. *The Ruthless Elimination of Hurry* by John Mark Comer (WaterBrook Press)
26. *Waiting Isn't a Waste: The Surprising Comfort of Trusting God in the Uncertainties of Life* by Mark Vroegop (Crossway Publishing)
27. *When I Am Afraid: A Step-by-Step Guide Away from Fear and Anxiety* by Ed Welch (New Growth Press)
28. *When People Are Big and God Is Small: Overcoming Peer Pressure, Codependency, and the Fear of Man* by Edward T. Welch (P&R Publishing)
29. *You Are Secure: Devotions for When Life is Uncertain* by Aimee Joseph (New Growth Press)
30. *You're Only Human: How Your Limits Reflect God's Design and Why That's Good News* by Kelly M. Kapic (Brazos Press)

Resources for Teens & Children:

1. *A Student's Guide to Anxiety* (Track: A Student's Guide Series) by Ed Welch – for Teens/College Aged (Christian Focus Publications)
2. *Anxiety: Finding a Better Story* (31-Day Devotionals for Teens) by Liz Edington (P&R Publishing)
3. *Brave: A Teen Girl's Guide to Beating Worry and Anxiety* by Sissy Goff (Bethany House Publishers)
4. *Buster Tries to Bail: When You Are Stressed* by David Powlison - for children ages 4-7 (New Growth Press)
5. *Found: Psalm 23* by Sally Lloyd-Jones - for children ages 0-4 (Zonderkidz)
6. *Give God Your Worries* (Bible Verses to Remember Series) by Sally Michael - for children ages 3-6 (New Growth Press)
7. *Near: Psalm 139* by Sally Lloyd-Jones – for children ages 0-4 (Zonderkidz)
8. *Raising Worry-Free Girls: Helping Your Daughter Feel braver, Stronger, and Smarter in an Anxious World* by Sissy Goff (Bethany House Publishers)
9. *When I Am Afraid* by Sally Michael – for young children (Truth 78)
10. *Why Am I Feeling Like This?: A Teen's Guide to Freedom from Anxiety and Depression* by David Murray (Crossway)
11. *Why Is My Teenager Feeling Like This?: A Guide for Helping Teens Through Anxiety and Depression* by David Murray (Crossway)
12. *You Count: A Five-Senses Countdown to Calm* by Champ Thornton – for toddlers & preschoolers (B&H Publishing)
13. *Zoe's Hiding Place: When You Are Anxious* by David Powlison - for children ages 4-7 (New Growth Press)

Secular Resources:

1. *The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness* by Jonathan Haidt (Penguin Press)
2. *The Worry Trap: How to Free Yourself from Worry & Anxiety Using Acceptance and Commitment Therapy* by Chad Lejeune (New Harbinger Publications)