



# Finding Serenity in the Age of Anxiety

*Robert Gerzon*

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## **Finding Serenity in the Age of Anxiety** 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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People live in this new day time of lifestyle always make an effort to and must have the free time or they will get lots of stress from both lifestyle and work. So , once we ask do people have time, we will say absolutely yes. People is human not only a robot. Then we ask again, what kind of activity have you got when the spare time coming to anyone of course your answer may unlimited right. Then do you ever try this one, reading books. It can be your alternative within spending your spare time, often the book you have read will be Finding Serenity in the Age of Anxiety.

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