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Winning the Worry War A common referral to the Psychology office is one that relates to anxiety or worry. There are a range of different worries that lead children to my office. Some anxiety is situational, and often will end after an event ends. One example of this would be the anxiety some children felt during the weeks and moments leading up to state testing. Another common worry that ...

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When we worry, we engage in debilitating mental and physical processes. This is the last thing our minds and bodies need. It's time to win the war on worry. We like to go to war when we consider something to be wrong or bad: the war on drugs, the war on poverty, the war against crime. But here's

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The heart of winning the worry war is believing the truth about God. Believing in spite of the evidence of the moment. Believing when circumstances look grim. Believing when there appears to be no answer to a problem. Believing when you need an answer and cry out, “I do believe, but help me

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