



# 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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#### Verna Riddle:

Spent a free time to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their own friends. Usually they performing activity like watching television, going to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Might be reading a book can be option to fill your no cost time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the reserve untitled Finding Serenity in the Age of Anxiety can be good book to read. May be it is usually best activity to you.

#### Miguel Lynch:

The particular 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 advantage. The book was compiled by the very famous author. The author makes some research just before write this book. This book very easy to read you may get the point easily after looking over this book.

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