

Breaking Anxiety's Grip Endorsements

My listeners love to hear from Dr. Bengtson because she begins by expressing empathy and understanding. She then provides practical and specific solutions to the daily anxieties that can plague us. Much in the same way, this book not only turns our focus back to The Bible, but applies its timeless wisdom to our lives in a very real and pragmatic way. This book is truly a roadmap toward peace.

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"Life is filled with changes which keep many in a constant state of anxiety. In *Breaking Anxiety's Grip*, Dr. Michelle Bengtson, speaks intimately about her personal experience with fear and practically on how to replace it with the truth of God's word. Through an engaging use of scripture and powerful use of storytelling, Michelle invites us to exchange our persistent worries with lasting peace. If you struggle with trusting God in the middle of challenging times, this book is for you."

~ Sandra Dalton-Smith, MD, author of *Sacred Rest*

As a woman who has fought anxiety most of her life I've come to believe if you're in a battle it's not a reason for guilt or shame. It simply means you're a warrior. I've also learned having the right weapons helps me win. *Peace Prevails* will encourage and equip you to defeat fear and experience more victory.

- Holley Gerth, Bestselling Author of *What Your Heart Needs for the Hard Days*

If you've ever been strangled by anxiety, if you've awakened at night in a panic, if worry has become your constant, frustrating companion, then find the hope, instruction and wisdom you need in the pages of *Breaking Anxiety's Grip* by Dr. Michelle Bengtson. As a therapist, she brings astute counsel. As someone who has endured many, many stressors, she brings the wisdom that comes from endurance. And as fellow struggler, she brings empathy. In these pages, you will find help and hope.

-Mary DeMuth, author of *Healing Every Day: A 90-day Devotional Journey* (Harvest House, 2019)

Reading Dr. Michelle Bengtson book, *Breaking Anxiety's Grip*, is like talking to a trusted friend. Her voice throughout the book will calm and reassure you with life's daily difficult challenges. Fear, worry, and anxiety are plaguing America, and Michelle deals with the topic head-on while giving both a clinical and Biblical perspective for the "common cold" of mental health. Michelle makes it's personal. She always has a prayer for you, which shows her dependence on God. Then she gives you a task to implement in your life, this represents your faith and faith always means action. Finally, she points you to weekly music to listen to, this implements the aspect of daily meditation on God and

worshiping Him. These three principles are not only key to overcoming anxiety's grip, but key to becoming an overcomer in life.

-Marta Greenman, Words of Grace & Truth

GraceAndTruthRadio.World

Peace is possible. But it's next to impossible to grasp that as reality when anxiety grips your heart. In ***Breaking Anxiety's Grip: How to Reclaim the Peace God Promises***, the truth of God's Word coupled with the perspective of a medical professional sheds light on a peace that is possible. This "how to" book is conversational and relational, backed by clinical facts and biblical truth. The peace of God transcends our understanding, but that doesn't mean it isn't possible. ***Breaking anxiety's Grip*** really is a process that requires some action on our part. Michelle gives us the steps to take to reclaim that peace, and gently takes our hand and walks through it with us.

-Eryn Hall, Declare Director and author at mamahall.com

Dr. B has done it again. Laced with personal experiences that illustrate the truth of God's Word over the enemy's lies that stir up anxiety, fear, worry and doubt, this message is timely and profound. What you hold in your hands is a proven strategy to be victorious over the schemes of Satan in your life. A death blow to the kingdom of darkness, ***Breaking Anxiety's Grip*** is a resource designed to set the captives free from the bondage of fear in all its facets. Buy a dozen copies, one for yourself and eleven to give away to those you love the most. You won't regret it!

-Athena Dean Holtz, publisher at Redemption Press, author advocate, publishing pioneer

Worry, fear and anxiety take a huge toll on our bodies and relationships. Dr. Bengtson has written an excellent book on how to overcome these significant stressors and she gives you a pathway to reclaim a peace-filled life. You will want to read this book! This will be a helpful resource for readers, teachers, counselors, and ministry leaders.

-Nancy Houston, LPC, author of "Love and Sex: A Christian Guide to Human Sexuality."

If you are looking to eradicate the power that anxiety has over your life, you might consider a good counselor. Or you might look for someone who's been through what you're facing now. Perhaps you'd seek out a trusted friend. What if I told you could have all three? That's what you get here. Dr. Michelle Bengtson is all of that -- and more. She's also an award-winning author, and a woman who fiercely loves Jesus. If you are struggling with fear and anxiety, this is the book to help you overcome. ***Breaking Anxiety's Grip*** is the resource you'll keep coming back to -- and recommending to others.

-Jennifer Dukes Lee, author of *It's All Under Control* and *The Happiness Dare*

Nowhere else have I found an author to speak to the common struggles with worry, fear, and anxiety with as much professional authority, personal insight, care and compassion.

In *Breaking Anxiety's Grip*, Dr. Bengtson shares through her own personal narrative as well as others' the prevalence, cause, and antidote to take the reader to a place of peace. On those days when you find yourself thinking "What if...?" or "I'm just afraid that..." this book is like having both a trusted friend and personal counselor take you by the hand, while you rely on God's word and His faithful promises to victoriously overcome!

-Amy Elaine Martinez

Real Victory Radio

Inspiring listeners to walk in wholeness and live in victory.

Author of *Becoming A Victory Girl*

<https://amyelaine.com>

We live in a culture of strife and disagreement. Yet there is one single thing everyone can agree on—life is stressful and anxiety is our constant companion. Author Michelle Bengtson tackles these issues head on, and gives the reader the tools to do the same thing. The pages of this book are filled with gentle insight and tough love that point us to the One who gives the peace we all crave. This will be a book that will become dog-eared with love and one I'll pass on again and again.

-Edie Melson, Director of the Blue Ridge Mountains Christian Writers Conference

Breaking Anxiety's Grip: How to Reclaim the Peace God Promises shows how to scripturally break the strongholds of worry and fear in a world filled with doubt and distrust in God's provision. Learn how to battle the enemy with eternal truths, and exchange the worldview that embraces lies and momentary pleasures with a deeper faith and God's peace.

-DiAnn Mills, Expect an Adventure, www.diannmills.com, Fatal Strike - Tyndale
September 2019

Can you imagine what life would be like without any worry, fear, or anxiety?

In *Breaking Anxiety's Grip*, Dr. Bengtson shares from her professional expertise and personal experience how we can have a life governed by the peace God promises rather than unsettling and often paralyzing worry and anxiety. We've all experience worry, fear, and anxiety at some point in our lives and we know others who remain crippled by their influence. I speak to and hear from women weekly that have almost given up ever having an anxiety-free life. I am so thankful to have *Breaking Anxiety's Grip* to put in their hands as a tool. This will be a book to share with family, friends, church leaders, and counselors, so that together we can break the hold anxiety has in our lives.

-Pastor Christi Miranda, Founder of Preach Girl & My Collective Conference

In *Breaking Anxiety's Grip*, Dr. Bengtson enhances the current work on the topics of worry, fear, and anxiety by adding an intentionally spiritual approach while not ignoring the contributing physical and psychosocial factors. I love the reflective application

questions given at the end of each chapter and am excited to add this title to our counseling center's list of faith-based recommendations.

-Michelle Nietert, M.A., LPC-S, Clinical Director, Community Counseling Associates

My friend, Dr. Michelle Bengtson, has written another book that has the precision of a laser when addressing worry, fear, and anxiety. As she did with "Hope Prevails" Michelle takes a topic that many of us struggle with and demystifies the stigma surrounding it. I believe having both *Hope Prevails* and *Breaking Anxiety's Grip* in your library will enable you to understand and combat two of the most prevalent mental health issues facing humanity today.

-Tim Ross, Lead Pastor, Embassy City Church, Irving TX

"In an age where anxiety abounds, Dr. Michelle Bengtson gently takes the hands of readers on a step-by-step journey to find freedom from fear through the power of God's perfect love. Her authenticity is refreshing. Her insight is empowering. My own "ah-ha moments" came one after another. In a word - WOW! For anyone ready to cultivate the courage to become all God created you to be, this is your book."

- Aliene Thompson, Treasured Ministries

Life is hard. At times, worry and fear seem the only logical response. But there is a peace that passes understanding available if we'll just reach out and take it. In *Breaking Anxiety's Grip*, Dr. Michele Bengtson offers expert advice that's both practical and biblical. Helping us navigate life's difficulties as we tap into the promises of God.

-Joanna Weaver, *Having a Mary Heart in a Martha World: Finding Intimacy with God in the Busyness of Life*.

The fact that God mentions worry, fear, and anxiety over 300 times in the Bible should serve as an indication of how much God knew we would struggle. Thankfully, He also gave us the tools we need to defeat our foes. Every once in a while we come across a book that looks at every day issues from a new and enlightened vantage point and helps remove the blinders that have kept us enslaved to problems. *Breaking Anxiety's Grip* is one of those books. We have all suffered from the effects of worry, fear, and anxiety at some point. Yet Dr. Bengtson takes a unique, but Biblically based perspective for how to rid ourselves from their slavery in our lives, to instead live from a position of peace. Breathe in her 30 years of professional expertise and personal victory, and breathe out the worry and anxiety that have held you prisoner to the "what ifs" in life. The question of can you imagine what life would be like without any worry, fear, or anxiety is now possible. This will be a book to share with family, friends, church leaders, and counselors, so that together we can break the hold anxiety has in our lives.

-Michelle Wilson – Senior Producer, The 700 Club, Virginia Beach, VA

Breaking Anxiety's Grip is a great encouragement and tool for those who reside in the "What if...?" Dr. Michelle Bengtson shows her reader how to move from worry, fear,

and anxiety to hope, trust, and peace. This book offers biblically sound and effective practices to loosen anxiety's grip in order to find peace in the palm of God's hand.
-Lori Wildenberg, speaker, author of 5 books including *The Messy Life of Parenting*.