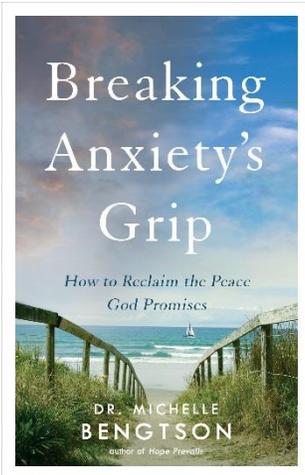




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## ***A Biblically Based Solution for Millions who Suffer with Anxiety***



With more than 25 years of experience in the mental health field, board-certified neuropsychologist and author Dr. Michelle Bengtson offers a biblically based prescription for finding peace from worry or anxiety. She shows readers how to recognize that anxiety originates from a spiritual influence and how to use the weapons God has already given them to fight back and reclaim their peace.

When living in this age of anxiety, worry can come from many factors: children, jobs, homes, health, and finances. News and social media also feed these fears. Even the fear of missing out leads to anxiety. In *Breaking Anxiety's Grip: How to Reclaim the Peace God Promises*, Dr. Bengtson shows the solution isn't to try to rid our lives of the sources of anxiety but to recognize where anxiety originates and then use the weapons of power, love, and a sound mind to fight back and live in God's peace.

Through sharing her own journey of emerging from the battle with anxiety as well as the stories of others, she reminds readers of their identity as a follower of Christ and of the peace he promises despite everything. She explains the spiritual battle that fosters worry and fear and offers truth and practical application through Scripture to reclaim God's peace.

This book provides the tools to cope with the crushing emotional burden of anxiety now and, more importantly, shows how to reclaim God's peace as a way of life so that the grip of anxiety can be broken.

***Breaking Anxiety's Grip: How to Reclaim the Peace God Promises***

**By Dr. Michelle Bengtson**

ISBN: 9780800735937 | 208 pages, paperback | \$14.99 | September 2019

### **About the Author**



**Dr. Michelle Bengtson** is a board-certified neuropsychologist with more than 25 years of experience in the mental health field. She is a national and international media resource on mental health and wellness. Dr. Bengtson is the author of the award-winning *Hope Prevails* and *Hope Prevails Bible Study*. She writes at [www.drnichellebengtson.com](http://www.drnichellebengtson.com), for Roma Downey and Mark Burnett's LightWorkers.com, and for For God's Glory Alone Ministries. She lives in Dallas/Fort Worth with her husband of 30 years, their two sons, and three dogs.

Radio/podcast show host/weekly program - [Your Hope Filled Perspective](#)

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## Praise for *Breaking Anxiety's Grip*

“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. *Breaking Anxiety's Grip* 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*

“My listeners love to hear from Dr. Bengtson because she expresses empathy and understanding and provides practical and specific solutions to the daily anxieties that can plague us. 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; it is truly a road map toward peace.”

—**Jeff Angelo**, talk show host, Newsradio 1040 WHO, iHeartMedia

“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. Michelle 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**, author of *Having a Mary Heart in a Martha World: Finding Intimacy with God in the Busyness of Life*

“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 that you could have all three? That’s what you get in *Breaking Anxiety's Grip*. Dr. Michelle Bengtson is all of that—and more.”

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

“Reading Dr. Michelle Bengtson’s book *Breaking Anxiety's Grip* is like talking to a trusted friend. Her voice throughout the book will calm and reassure you in life’s daily difficult challenges. Worry, anxiety, and fear 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.”

—**Marta Greenman**, Words of Grace & Truth, [GraceAndTruthRadio.World](http://GraceAndTruthRadio.World)

“Every once in a while we come across a book that looks at everyday 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, anxiety, and fear at some point. Dr. Bengtson takes a unique but biblically based perspective on how to rid ourselves of their slavery in our lives and live from a position of peace. 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 of *The 700 Club*

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## Suggested Interview Questions/Talking Points

1. What steps can someone take to recognize that anxiety originates from a spiritual influence and begin to use the weapons of power, love, and a sound mind to regain peace?
2. You talk about having dealt with anxiety yourself. In what way did that experience help in writing this book?
3. Many people today believe anxiety to be a way of life; it's accepted as normal. Please talk about this mindset, how to overcome it, and then how to realize that it is not what God wants for us.
4. Is anxiety genetic?
5. Why is it important to examine what a person believes prior to a crisis? How can this help when a crisis arises?
6. How can spiritual weapons be used to combat anxiety?
7. Where does anxiety begin? Does it start small, is it different for everyone, and how can someone recognize it quickly?
8. When a person is faced with a crisis, you talk about two choices:
  1. To trust the facts of the circumstances.
  2. To trust God's promises.Please discuss how a person can work through these two choices.
9. Please talk about what happened to you when crisis hit—how you reacted initially and how you found peace.
10. In your book you talk about a story where a teacher gave students a surprise test which consisted of a blank piece of paper and a small black dot. Please share the results of this test and how it relates to everyday life and human behavioral traits.
11. You talk about a phone call you received right after you turned in the manuscript for this book. What was the result of that call, and how did you initially begin moving through it?
12. What is the most important thing a person can do when faced with worry, anxiety, and fear?
13. When were you first inspired to write this book and why?