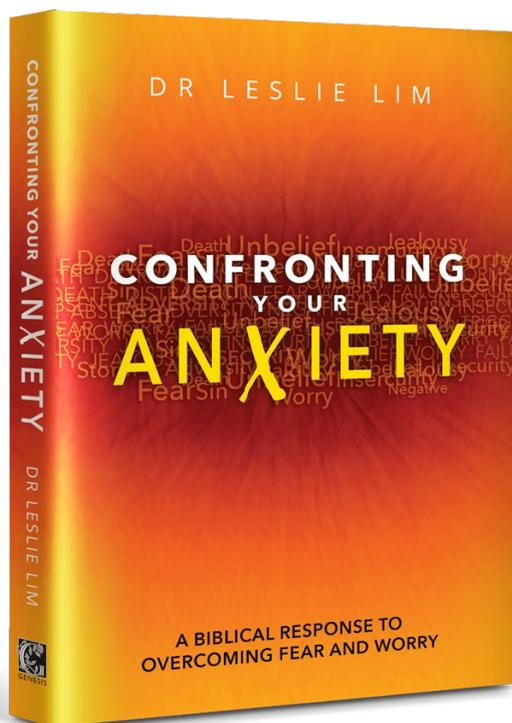


by LESLIE LIM

CONFRONTING YOUR ANXIETY

A BIBLICAL RESPONSE TO OVERCOMING FEAR AND WORRY



“Dr Leslie Lim confronts the common problem of fear and anxiety with the knowledge and experience of a psychiatrist and the earnestness of a Bible-believing Christian. He combines concepts and therapeutic strategies taken from his psychiatrist’s toolbag with insights from many Bible passages to offer helpful advice to those who feel the pain of crippling fear and worry...”

Bishop Emeritus Robert Solomon
The Methodist Church in Singapore

Anxiety, fear and worry are common emotions. But we do not have to become weighed down by these emotions—God has given us many tools to overcome them. In *Confronting Your Anxiety*, Dr Leslie Lim, a psychiatrist specialising in the management of anxiety disorders, combines stories from the Bible and his clinical knowledge to help you overcome your anxiety.

If you are struggling with anxiety, this book will empower you to identify the source of your fears, defeat them through the power of the Holy Spirit and walk in the victory the Lord intends all of us to have.

PRODUCT DETAILS

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ABOUT THE AUTHOR



Dr Leslie Lim has been a practising psychiatrist with nearly 30 years’ experience in the public sector. He is a Clinical Associate Professor and an Adjunct Associate Professor at two universities in Singapore. As a Senior Consultant Psychiatrist, he specialises in the assessment and treatment of mood and anxiety disorders, and has trained many doctors who have since become leading psychiatrists in Singapore.

A graduate of TCA College with a Master of Arts in Ministry, he has been actively pursuing a call to teach and preach the Word of God, with a focus on equipping the saints to fulfil their greatest spiritual potential. He currently worships at Bethesda (Bedok-Tampines) Church. He is also the author of *Mental Illness or Demonisation?*, *Freedom from Fear: Overcoming Anxiety Disorders* and *Depression: The Misunderstood Illness*, all published by Armour Publishing.

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