

Title: "An Excellent New Resource on Anxiety"

August 29, 2022

Greetings all,

Just a quick note to let you know about a new resource. A close friend and member of Charlotte's and my church small group, Nader Sahyouni, recently finished a book about anxiety and it is excellent.

There are books about cognitive therapy for anxiety, books about exposure therapy for anxiety, books about spiritual direction for anxiety, books about relaxation techniques for anxiety, and books about healing trauma that can be the underlying source of anxiety. But other than this book by Dr. Sahyouni, I am not aware of any book that talks about *all* of these pieces and how they fit together. (Just the section on the recent discoveries regarding memory reconsolidation and how this new information supports trauma-healing work, is worth the price of the book.)

And of course Dr. Sahyouni talks about the Immanuel Approach in the section on healing trauma that can be the underlying source of anxiety.

Furthermore, the book is easy to find on Amazon. Searching Nader Sahyouni, or the title, *Anxiety Transformed: Prayer that Brings Enduring Change*, will take you right to it.

Blessings,

Dr. Lehman/Karl

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