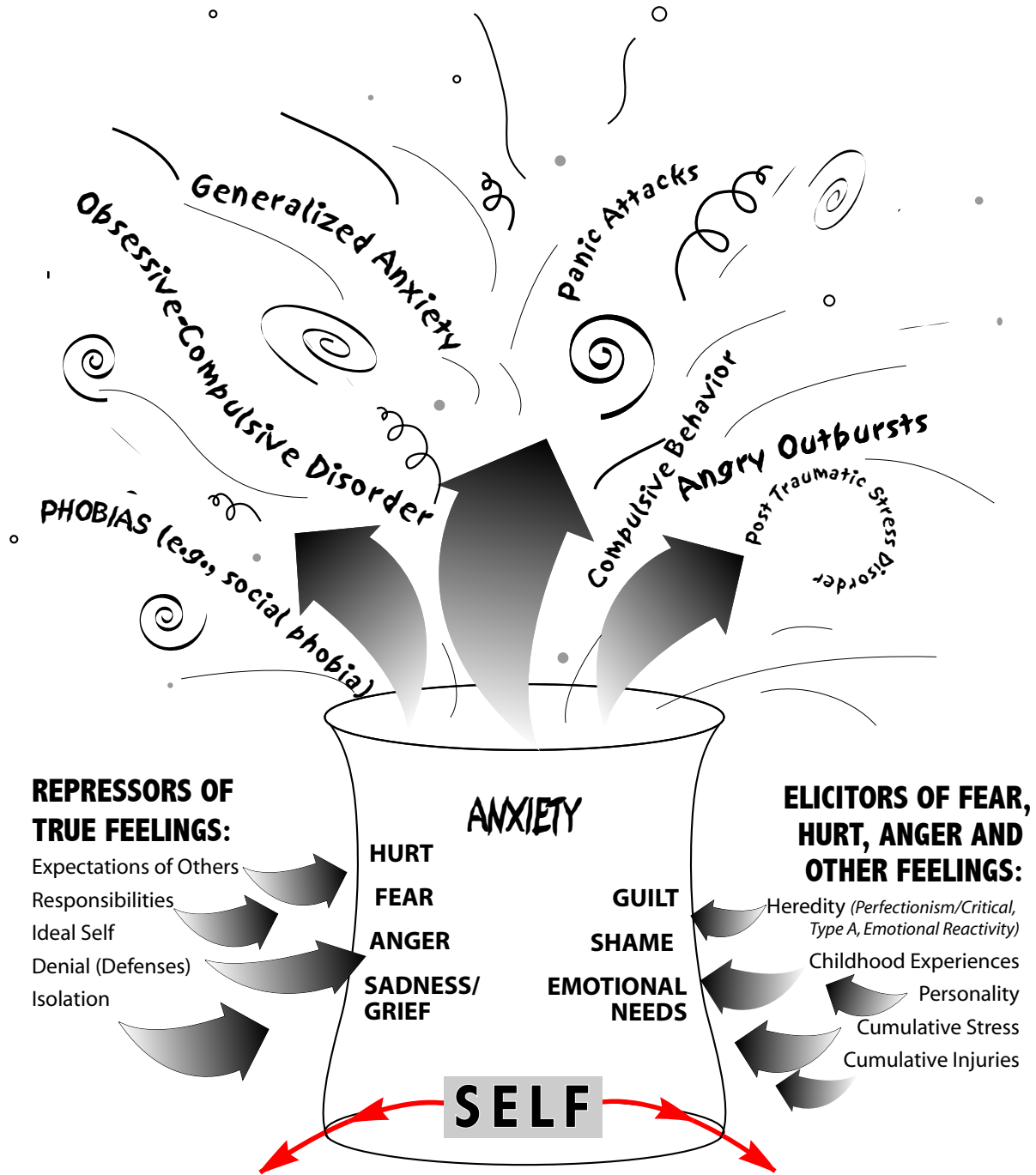


How Anxiety Problems Develop

William Gaultiere, Ph. D.



HOLY SPIRIT



BODY OF CHRIST

Antidotes:

• Pray • Trust • Talk • Receive Comfort • Positive Self-Talk • Meditation • Relaxation