



## Unafraid: Living with Courage and Hope in Uncertain Times (Hardback)

By Adam Hamilton

Convergent Books, 2018. Hardback. Condition: New. Language: English . Brand New Book. A widely admired mainstream pastor shows how people and communities can flourish as beacons of hope and serenity in an anxious age. Truth is, a mere handful of fears work for us--fear of stepping in front of a bus, for example, or not taking care of our health. But the vast majority--fear of others, of failure, of the future--have almost no basis in reality, yet tie us in knots and steal our peace of mind. These fears, experts say, are often vestiges of primitive fight, flight, or freeze instincts that, mostly, no longer apply. Making matters worse, our hyper fractious era of hate media, divisive politics, and multiplying natural disasters wreak havoc on our state of mind, leaving us troubled and unhappy. Fortunately there s abundant good news. As trusted pastor and bestselling author Adam Hamilton shows in Unafraid, we can escape the echo chamber of anxiety and dread. With insight, intention and faith, we can learn to overcome what oppresses us, and live with courage and hope. Drawing on fresh research, psychology, biblical principles, and his long experience shepherding a diverse faith community in Red State America,...



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*Basically no words to describe. It is filled with knowledge and wisdom I am just pleased to let you know that this is actually the greatest publication i have read within my individual lifestyle and may be he best publication for at any time.*  
-- **Prof. Ron Gaylord II**