

# Breaking Free From Anxiety

Anxiety in the heart of a man will weigh him down.

Proverbs 12:25



Anxiety has reached epidemic rates in Western society. Most professionals simply try to manage it, primarily through medication. Psychotherapist and author Mel Schwartz shares his perspective on both the cause and the solution to this mass disquiet. He proposes that anxiety is often due to our relationship with our thoughts. These are thoughts that are perpetually seeking certainty. The more we try to know the future – which is of course unknowable – the more fearful and and anxious we feel. Mel demonstrates how to shift our relationship with uncertainty and embrace the unknown, freeing us from the grip of anxiety. Anxiety has reached epidemic rates in Western society. Most professionals simply try to manage it, primarily through medication.

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