THE SUBTLE ENEMY: ANXIETY Okon Eyo E.

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ANXIETY

Secret to enjoying your day without friction

OKON EYO EFFIONG

THE SUBTLE ENEMY:

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THE SECRET TO ENJOYING YOUR EVERYDAY

LIFE WITHOUT FRICTION

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INTRODUCTION

Life journey on earth is full of ups and downs. So man is under pressure at one time or the other.

Unfortunately, some of these pressures are no respecter of man's personality or achievement. So the subject of Anxiety becomes very essential for everyone. And these tensions pushed on us by life tend to make one anxious. And I know you have been in this tension. Aren't you? Yes, you have.

So the question is:

Have you ever worried so much about things—or about one specific situation—that you lost your ability to enjoy your everyday life? Have you ever been so anxious or nervous that you completely forgot what it feels like to live in peace? If you answered yes to either of these questions, you are not alone.

Then this article is for you.

CHAPTER ONE

MEANING OF ANXIETY

Fear or nervousness about what might happen.

A feeling of wanting to do something very much.

It is also been desperate over something or what you are looking for.

A state of uneasiness: worry, agitation, etc

Abnormal fear that lacks a specific cause.

Anxiety makes one's nervous, and when you are nervous, you are not coordinated. At this point, your reasoning is distorted. So when you are anxious, you can't think straight and right. Every action taken in an anxious state is bound to have some level of irrationality. Can you remember one action you have taken under pressure? How was the outcome? Yes, You can remember.

Many times, when people are under this pressure, they won't be able to state clearly what they are precisely looking for.

Anxiety makes reasonable people chase after wind and shadows without knowing.

Anxiety is a feeling, and since not all feelings are true. You must understand that some of the things that put you under pressure and cause you to be anxious are faulty. Faulty in the sense that, you can still do without them. Yes, you can do without them.

Anxiety is being desperate. When you are desperate, You are unrest and under intense uneasiness. What happened here is that. It spoils your present moment, takes away your peace and happiness, makes you forget all the good things surrounding you, all that God has done for you. Your attention is only directed to what you are looking for, even at the detriment of others. It also makes you an ingrate unconsciously.

An Anxious man is full of agitation. He is not considerate at that point, because when Anxiety is at work, it is accompanied by self-centeredness, which fuels the agitation of an anxious Man. You may not be naturally self-centered, but when under

the influence of Anxiety, this trait will surely come to play. And even you Will be shocked at your response.

Anxiety can make you fear what was supposed to fear you. Anxiety can make you accept what you will naturally hate and detests. Anxious people fall prey to taking quantity instead of quality.

Recently, I came back from somewhere, and I was very hungry, but the person that was supposed to give me the food wasn't out yet. Grandma had just finished cooking her meal, which I don't fancy, but because I was anxious, she offered to give me some, since I didn't know my fate yet on the expected. And I accepted, only for the main course to come and I was exempted because I was already eating. And guess what was the main course!!: My favourite with good Chicken. Like seriously? I miss it. You know right? Good. I learned my lesson that day, though the hardware. Experience is the best teacher. But learning from others' experiences is safer. Be wise.

COMMON SYMPTOMS OF ANXIETY:

* Panic, fear, and uneasiness

* Feelings of panic, doom, or danger

* Sleep problems

* Not being able to stay calm and still

* Cold, sweaty, numb, or tingling hands or feet

* Shortness of breath

* Breathing faster and more quickly than normal (hyperventilation)

* Heart palpitations

* Dry mouth

* Nausea

* Tense muscles

* Dizziness

*Thinking about a problem over and over again and unable to stop (rumination)

* Inability to concentrate

Intensely or obsessively avoiding feared objects or places.

(https://www.webmd.com/anxiety-panic/guide/anxiety-disorders).

CHAPTER TWO

CAUSES OF ANXIETY

1. COMPARING YOURSELF WITH OTHERS

Human beings are fond of comparing themselves with others. When you start comparing yourself with your mate, you will have many reasons to be anxious, ungrateful, and unhappy. especially when it seems as if it is going well with your mate and yours is not just working. You will always get tense up and sometimes feel ashamed to sit out with your colleagues. Because In your mind you have drawn a class, and you have placed yourself low. Many people tell lies, cook up things, and many miss opportunities because they couldn't just tell the truth of how it is going with them to their friends. Some say If I tell them that I'm not working, they will look down on me, or I will lose my respect in their sight. Your respect is not based on what you have, but who you are.

Comparison brings a lot of unhealthy competition, funny enough, the people you are competing with may not even be aware of such competition. Try and find out, you will be shocked how you have been competing with your shadow. How does that sound? Hurting right? Sorry

Some may be in a position to help you, but won't know, because your competitive mindset will not allow you to say the truth of your current situation.

Where you are today is not where you will be forever, so you don't need to be ashamed, instead accept your current place, and trust God for elevation.

The comparison mindset again makes people proud and puts up faults identify. God resists the proud but gives grace to the humble. Don't allow comparison to set you against your creator.

I have a friend who will tell four of us four different things about how he is faring. This is a typical manifestation of the comparison mindset. For him, he doesn't want to be looked down on or feel

intimidated by anyone's achievement, so he had to tell each of us what will make us think is doing pretty good. Meanwhile, nobody is trying to intimidate him.

Comparison moreover makes people withdrawn. You didn't attend the meeting of the Old Students Association of your school not because you weren't around, but you don't want to look like a low-class person among others. You feel like if I'm there, I will be laugh at, or this and that. Really? 😕😕

Comparison also gives people reasons to make a faulty assumption about their friends and colleagues. You will hear them say; He doesn't like me, He is proud because he has this and that, he looks down on people, he likes class polarization, etc. Meanwhile, they have not talked to the person at any time. Sometimes it results in hatred.

Comparison makes you do the unnecessary just to feel good and among. Comparison also makes you insecure. Inferiority complex is also seen in the life of anxious people because of their comparison mindset. You hear people say things like; I won't be

comfortable in that place. Not because the place is uncomfortable, but because there is someone they don't want to see or sit close to, else they will be threatened inside.

All of these cause lots of anxiety and can even raise blood pressure. That's why the Bible says; *They that compared themselves with themselves are not wise.*

It is foolishness comparing because no two persons are the same, not even identical twins. So why work yourself up over what will never be. The creator makes us different, but some of us are trying to recreate ourselves, no wonder God calls it foolishness. Stop kicking against the bricks. For you cannot be me and I can't be you.

2. FEAR OF THE UNKNOWN AND WHAT THE FUTURE HOLDS

Fear of the unknown is another serious cause of anxiety. So many people want to control things that are above their reach. What will tomorrow be like? How will I be saying this and that before the crowd? Many of these questions arise. This is called **Mental conversation and Confrontation** according to Joyce Meyer and is a serious problem for many people. I also fall victim to this. I know you have also tested this before. You may not accept it, but let me explain, and I will get you. For instance, if you are having an Interview the next morning. You will start interviewing yourself over the night. What will I say if they ask me this question? If I answer like this will I be correct? We keep worrying ourselves over what we can't control. Many will have sleepless nights interviewing themselves and Confronting themselves in their mind. Many times before the day Break they are already having headaches. And you know what? Mental conversation and confrontation will always put you on the negative

side. Showing you how you will mess up the whole stuff, thus leaving you tense up and anxious over nothing.

People can worry themselves over so many things that they cannot control. What will I eat tomorrow? what will I wear? etc. Sometimes students can write exams and finish with a little mistake. They will come and start worrying themselves over that same mistake which they cannot correct again. Sometimes it affects the next exams because of distraction and loss of concentration over what they can't do anything about.

Only God knows tomorrow, we can only plan for tomorrow. But we can't get full details of what will be and how it will happen. So why work yourself out over nothing. The Bible says; *Worry not about tomorrow, for tomorrow will take care of its needs*.

Commit your ways to the almighty and He will direct your path. Also in Jeremiah Bible says;

A man plans his way, but God directs his steps.

So our responsibility is to plan and not try to figure out everything. What will be tomorrow, will be. Whether you worry or not.

Therefore do not worry and be anxious, saying, What are we going to have to eat? or, What are we going to have to drink? or, What are we going to have to wear? For the Gentiles (heathen) wish for and crave and diligently seek all these things, and your heavenly Father knows well that you need them all. We can find hope, peace, and confidence in the fact that

God knows exactly what we need, and He promises to provide for us.

If we take Matthew 6:25–32 seriously and believe the truth of this passage, we will realize we truly have no reason to worry about anything. Learning to live one day at a time relieves a lot of stress(Joyce Meyer).

3. UNANSWERED PRAYERS OR FAILS EXPECTATION AND PLANS

Isaiah 55:8-9

For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD.

For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.

The above scripture shows the disparity between Human thinking and God. And since this cap is so vast, we humans sometimes make prayers and plans that are not approved or realistic at some point.

When this happens, a lot of tension comes up. Many questions pop up in our minds over several issues. Like:

What happens? didn't I plan well? is it not the will of God? is someone opposing me? etc

Confusion and frustration abound when prayers are not answered and expectations cut short. At this

point, one is bound to be anxious especially if this was the only hope or plan. The whole thing gets worse if there is a time limit for such an achievement. This is why some commit suicide because they think there is no more Hope, some will ask what I'm I living for? And stuff like that.

Unanswered prayer and fail expectation is grievous, even the Bible says; *Hope deferred maketh the heart sick*. In fact, if not well controlled it will result in physical sickness. This is where our trust and knowledge of God play out. The much we trust God and his words will help here.

The Bible says the expectation of the righteous will not be cut short.

So if you are the righteousness of God in Christ Jesus, then you have nothing to worry about.

Remember the thought I have for you, is the thought of good and not of evil to give you the expected end.

And all things worketh together for good to them that love God and are called according to his purpose.

They that trust in the Lord are like Mount Zion which cannot be removed.

These and many other promises of God are available in the Scripture for us to hold unto in time like this. But if you don't have a relationship with God, and you are not a student of his word. Your misery will be extended and brutal. This is why you see two people facing the same horrible situation. And one becomes Bitter and depressed, while the other is bouncing in joy.

The difference lies in their relationship and knowledge of God's words.

Children of God must understand that it doesn't take God anything to answer your prayer or meet your expectations. If He holds it, then it is for your good. Except you are in sin.

4. LIMITED TIME TO ACHIEVE A GOAL

Another serious cause of anxiety Is when people are bound by time, When there are so many things to do. It can be crazy sometimes, especially when you have to meet a target and give the report to the higher body.

When you come under pressure, because of time limitations, so many things can get wrong. This pressure is not quite easy. Anxiety worsens the situation because being anxious under the pressure of time saps your energy, brings confusion and distraction.

In a business environment where you have to face clients. if your client is a rash one. Then your problem is triple. Some clients can be very annoying. But the truth is that WHETHER YOU ARE ANXIOUS OR NOT, IT WILL NOT INCREASE OR REDUCE THE TIME. Is not easy, but you must choose to be calm, after all, there's no benefit, even if you decide to be tense. I Have been under this pressure before, so I know how it feels like. So you are not alone.

Many times this scenario occurs because of procrastination. Remember everyone has the same number of hours to use each day. So you must learn to respect the time and learn how to utilize your time judiciously. There's time for everything. So use that time for what it is meant for.

Don't always think you have more time. Do that thing today and don't keep it for tomorrow. Remember Time waits for no one.

Even if you are in a fix of time constraints, keep calm. Be still and low for God is in control.

Be anxious for nothing, says the Scripture, not even for the time.

5. WRONG PRIORITY

Many of the things we place before us are not important. when you are looking for the wrong thing in the right place or the right thing in the wrong place, you will exert so much energy, and the energy will still be in futility. Is it painful right? Yes, it is.

Our priority must be right, especially young people. I see so many young ones busy here and there looking for what is not essential at that stage of life. Some can be very sincerely wrong. Working themselves out and putting themselves under unnecessary pressure. Hope you are not one of those people? Even if you are, cheers up. Here is a way out before you.

Read on

When humans work over a thing with so much energy, Without tangible results, it is always very annoying and can cause one to be tense, and severe uneasiness.

Misplaced priority is one of the most painful causes of anxiety because all the headache and trouble incurs are actually for no just course.

A familiar saying tells us to seek God's presence, not His presents (the things He can do for us). This is excellent advice because so much energy is exerted on these temporary things that will not last forever. Instead of seeking things of eternal benefit; Which is the presence of God, Where the fullness of Joy dwells, and where anxiety is absent. We are burning energy for presents(Things on earth) that pass away like flowers.

When the right things become priorities for you, you'll find yourself much less worried about the little things that can upset you each day and you'll be much better able to enjoy your everyday life and its everyday blessings(Joyce Meyer).

Look for the ancient path and you will find rest for your soul.

CHAPTER THREE

EFFECTS OF ANXIETY

Apart from the specific effects of anxiety attached to each of the causes of anxiety mentioned above, there are generally effects which will be outlined in this chapter in a very synopsis form.

1. **DEPRESSION**

Depression is a condition in which a person feels discouraged, sad, hopeless, unmotivated, or disinterested in life in general for more than two weeks, and when the feelings interfere with daily activities. Major depression is a treatable illness that affects the way a person thinks, feels, behaves, and functions. At any point in time, 3 to 5 percent of people suffer from major depression; the lifetime risk is about 17 percent.

Depression is disastrous. I Have been there before. If you have, then you know what I'm talking about. And if you have not? You shouldn't wish to be there. Is a dark world full of endless negative possibilities?

You wouldn't even wish your enemy to travel that path. i.e if you even have a human enemy.

2. INTERNAL PROBLEM LIKE HIGH BLOOD PRESSURE

Anxiety has landed many in the hospital, some have lost their life. High blood pressure, stroke, etc. And I know you wouldn't want to be the next. Or would you? Of course No.

3. LOSS OF PEACE

An Anxious man is unstable and uneasy. When you lose your peace at any time, you will not be able to enjoy whatever is going on at present. So why trade your today enjoyment for tomorrow's troubles? It isn't Worth it. Not at all.

We can ruin today by worrying about the past or the future—neither of which we can do anything about. Let’s refuse to waste our “now,” because it will never come again. So why not enjoy the peace while it lasts. You shouldn't lose both today and

tomorrow peace, just for a day's trouble. No. No. No.

4. HATRED FOR OTHERS

Anxiety will make you feel that it is this person that is responsible for your delay, so you will hate the person even though that may not be an absolute truth. No wonder, you have a bulk of enemies, those you call "haters". But you know what? Hating someone is like you taking poison, and expecting the person to die. Really!! Does it work? Hatred is a Brother of Unforgiveness. They work together.

Funny enough, some people are keeping malice with God because He did not meet their anxious needs. Hope you are not one of them. I almost hated God at some point in my life, when I wanted urgent intervention of the Almighty, and I did not get it. I was very furious with Myself, God, and even people around. My reason for such hatred was that I have put my entire hope and trust in Him, against the usual way of applying worldly wisdom.

But, you know; God is always right even when it hits us hard, and seems as if He doesn't care. He does. And He is always right, and never late.

5. DISTRACTION

An anxious man is not coordinated. So many things are messed up when one is under intense pressure. In the midst of this uneasiness, you will see a lot of confusion. The person can not pay attention again. Focus is lost and many mistakes abound.

6. JEALOUS

When one is anxious, He or she unintentionally starts jealousy of others, especially those who started looking for the same thing as them and had gotten it. Instead of appreciating and rejoicing with others, they feel terrible and say things like: when will my day come? Why has God forgotten me? Just like I said before, some can become very bitter and self-centered and will be thinking this is supposed to happen to me. Why not me? What is wrong with my own, etc. I'm sure you can relate to this.

7. UNNECESSARY WORRIES

One of the general effects of Anxiety is unnecessary worrying about oneself. Worry has a way of wearing you out. So anxiety makes people look aging. This shouldn't be your testimony. If you think I'm joking, check out for people who are desperate and depressed over a thing, especially women who are anxious and depressed waiting for a husband. Hmm. I'm sure you can believe me now. 🙄🙄

It also jeopardizes the present enjoyment. Our happiness shouldn't be postponed or traded with Depression and worries.

If we wait until we think everything in our lives is just right before we rejoice, we will miss a lot of the joy and blessing God has for us. We need to learn to enjoy each day and every moment. Even when circumstances are difficult, if we can rejoice and be thankful in “this,” whatever “this” situation may be, we will grow in spiritual maturity and we will be happier, more peaceful people (Joyce Meyer)

CHAPTER FOUR

SOLUTIONS TO ANXIETY

1. PRAYING ABOUT EVERYTHING

The Bible tells us to pray about everything and be anxious for nothing. Prayer is calling the supernatural to intervene for us in our matters. There are so many things that are beyond human and rational control, so the essence of prayer. People say that "the spiritual controls the physical", which I believe is true. As such, Everyone who wants to have control of things must take charge spiritually.

If you are not a magician, then for you to exist on this earth, and live a life free or less of anxiety and depression, you need a spiritual intervention to orchestrate and Configure things to your favour. Things don't just happen, They are controlled by powers and principalities, and most of the time, these powers and principalities are working against our Favour.

For us Christians, prayer is our way of ordering things and taking charge of our life, family, and territory.

Pray about everything, even that one you think is insignificant, pray about it. Let me give you an example. Have you ever looked for something in the house? Like your car key, wallet, etc and you search and search but couldn't find it. Until you mutter a word of prayer, asking God to help you find it. And a little while you see the stuff at the same spot you have been searching through. That should tell you the importance of prayer. Nothing is too little to pray about

2. BELIEVING WHAT GOD WORDS SAY ABOUT YOU

When your expectations and plans are falling, and when things are not working for you. So many thoughts will come to your mind, and when people can't understand why those things are befalling you. They will blame it on the unseen. some will say; Maybe it is a curse from your background, some will suggest you have done something wrong in the secret, and others will suggest that forces are working against you, etc. Of course, they will dish out advice on what to do. Whereas, some of these suggestions and advice may be true and helpful. But when it contradicts What God says.

You need to resist it.

Whatever people say to you is not as valuable as what God says about you. I know you are excited to hear this. Yes, you should.

But you also have the responsibility of searching God's words to discover what God says about you and to believe them. Let God be true and Everyman a lie.

The question is: Who are you in God? What is recorded in heaven about you? The knowledge of these realities is significant, if you must not be tossed to and fro by winds of doctrines and man suggestions.

3. MAKING PLAN B

Many people become very anxious and frustrated when their only plan or Hope fails. It is devastating to put your eggs in one basket. As much as we are not in full control of things, but we have our part to play i.e to plan. The Bible says; *A man plans his way, but God directs his steps.* So we have to plan. There is room to make as many plans as possible. So that if one fails, you can fall back to the next one.

Trying to make a fresh plan in the midst of the frustration of the failed one is not ideal. This is because coordination might have been lost in the shock of the failure. Even though we are not praying for our plans to fail. But it is important to have alternative plans in case the unexpected happens. I believe you know the saying "If you fail to plan, you have the plan to fail". But if you make more than one plan, you are planning to push failure out of your life. That sounds good, right? Yes.

4. SEEKING COUNSEL

The Bible says in the multitude of counsel an error is averted. So we must learn to take counsel.

Nothing is new, not even that your current situation

Whatever you are facing now, someone somewhere has faced it before. So you are not the first person, meaning there are sources of help. The devil likes secrets. He will do everything possible to make you keep that problem to yourself so that He can manipulate you maximally. Don't fall prey to this deception. Speak out, tell it to someone you think can be of help.

A problem shared is half solved. So you don't have to bear that trouble alone. The truth is that a mere telling someone about your problem has a way of relieving you. Of course, you know that it is not everybody you must discuss somethings, with. So you will have to use your sense of good judgment. If not, Some people will worsen the case for you or give you the wrong advice. Meanwhile,

Feel Free to listen to as many counsels as you choose, but you will be held responsible and

accountable for anyone you act on. It is important to analyze the counsels sometimes before acting on them. Don't keep quiet and die in silence.

90percents of people who Committed suicide did not take counsel from anybody. If not they wouldn't. So don't join that cue. I believe You wouldn't want to. Meanwhile, did suicide solve their problems. Of course Capital NO. Rather eternal damnation.

5. CRITICAL THINKING AND SELF-EXAMINATION

There is a difference between worry and thinking. Many people worried about their problems instead of thinking.

Thinking is the act of finding a solution to the current problem or looking for alternative options.

While

Worry is blaming yourself and others in your mind over what had happened. It is also having self-pity for yourself over what had happened, and wishing it never happened.

when you encounter an uncomfortable situation next time. Instead of wearing yourself out with worry, engage in Critical thinking, and self-examination.

Critical thinking is the act of evaluating the previous plan or event to see what went wrong, to avoid such in the new template. It is also taking into consideration the positive and negative effects of your plans. Critical thinking is becoming a major skill for survival in recent times thus, it's important.

Self-examination is the act of evaluating to see when sentiment, pride, or sin was introduced to the execution of the previous plan, which might have contributed to its failure.

Many people do not engage themselves in self-examination, because they think they have tried their best, some think it's not necessary. But if you try it from time to time, you will see it's important and you will do better.

Most of the accusing fingers pointed at others would reduce, if we do self-examination first before accusations.

6. GET YOURSELF BUSY WITH SOMETHING AND ALSO WORK FOR GOD

Anxiety and depression strive in idleness. An idle mind is the devil workshop, they said. Get busy and you will not have many things to worry about. Don't always sit idle. When you are doing something, you won't have all the time for unnecessary worries and depression. It mustn't be something so serious, sometimes just go out with friends, play games, and do sport instead of sitting idle. Remember your worries do not add to you in any way.

See what Jesus have to say about this:

Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father keeps feeding them. Are you not worth much more than they? And who of you by worrying and being anxious can add one unit of measure (cubit) to his stature or the span of his life?

Instead of being idle, engage in Kingdom services. working for God is the most rewarding thing to do

in times like this. Others can fail, but God cannot. Many have had their long ages prayer and expectation met without praying about them, just in rendering kingdom services. This is because If you take care of God's business, he takes care of your affairs without asking you for your permission.

Rendering kingdom services in times of distress, depression, anxiety, fear, failure, etc is a "secret" many don't know. Some ask; why should I continue doing this and that for God? When he refused to help me here and there. Many give up here. And abandon their task for the master.

But here is the secret in this crucial time.

PSALM 126:5-6 NIV:

Those who sow with tears will reap with songs of joy.

Those who go out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with them.

Most times, this is the final point before breakthroughs, and many miss it here. This is why

you are reading this book. Be most careful, when it is getting tougher, because your breakthrough may be waiting at the next junction.

7. LOOK AWAY FROM THE PROBLEM AND BE HOPEFUL

This is the most difficult thing to do. It's not easy. But sometimes This may be the only option and solution to your anxiety. They did, have been done, and cannot be undo again, so life must continue. You may just have to do as if that event never happened, or the situation is not in existence to get back soundly on track.

A week before this writes up, my memory card corrupted and wiped everything on my phone one morning. I was tense and confused because my phone is my office. Everything I do is on my phone. It has become obvious that the people in my house know that my phone is my office. When the phone wiped, I couldn't just believe it. I was thinking it was a dream. At some point, I was so unstable. But I told myself to calm down and do as if this thing never happened, meanwhile I was messed up by that event. Imagine your office burns off, with all your documents. But I can't kill myself over what I can't bring back. So sometimes just do as if it never

happened and move on. When there is life, there is hope.

Also while I was writing this book. One of those evenings, I bought a soft drink and I told myself; Today I'm going to finish this book. So I started out writing with the company of my soft drink. I was flowing very well. After four hours, I was about rounding up the whole Book, only for my phone to hook and Clean off everything I had written that day. Kaii!! I was almost mad, I could almost smash my phone on the wall. But you know, I was writing on anxiety and keeping calm. Hmmm. I tried and I was able to calm down. And I told myself, well, there's nothing you can do. Do as if this never happened, and trust God for insight the next day. And that's how I conquered that situation. You can do the same too.

8. HEARING SPECIFIC INSTRUCTION AND DIRECTION FROM GOD

Hearing specific instructions from God over a matter will serve us from a lot of stress and many other struggles. If you know what God's position over a particular matter is. You won't have any reason for the ups and downs. For instance, if you are looking for a job, and God has told you where you will work specifically, you won't have to join others to apply here and there and attend interviews every day. Specific instruction from God over a matter saves our time, money, energy, etc.

9. HAVE A GRATEFUL HEART

Always be thankful and glad for each day and be grateful to God. People who think they will be glad when God does some particular thing for them may rejoice when they get what they want, but it is usually not long before once again they cannot be glad until He does something else for them. Then they become anxious about that next thing and they can spend their entire lives waiting for some other time to be glad, such people never experienced real joy, nor enjoy their daily life because of this mindset.

So Rejoice in your today and enjoy every day as it unfolds

Hmmmmm, I know you want me to continue, but this is where I want to draw the curtain.

Congratulations on coming this far. I'm sure anxiety and depression should be a story of the past in your life if you practice all you have learned in this book.

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