

Worry, Anxiety and Depression Resource List

Books:

- o [Anger: Taming a Powerful Emotion](#), Gary Chapman
- o [Anger, Anxiety and Fear: A Biblical Perspective](#), Dr. Stuart Scott
- o [The Anger Workbook: An Interactive Guide to Anger Management](#), Les Carter and Frank Minirth
- o [Healing for Damaged Emotions](#), David Seamands
- o [Good and Angry: Redeeming Anger, Irritation, Complaining, and Bitterness](#), David Powlison
- o [Spiritual Rhythms for the Enneagram: A Handbook for Harmony and Transformation](#), Adele & Doug Calhoun
- o [Overcoming Emotions that Destroy: Practical Help for Those Angry Feelings that Ruin Relationships](#), Chip Ingram and Dr. Becca Johnson
- o [Panic and Anxiety Attacks-Help from a Christian Perspective](#), Dr. Lynda Irons
- o [Anger Management Workbook for Men: Take Control of Your Anger and Master Your Emotions](#), Aaron Karmin (not faith based)
- o [Switch on Your Brain: The Key to Peak Happiness, Thinking, and Health](#), Caroline Leaf
- o [Anxious for Nothing: Finding Calm in a Chaotic World](#), Max Lucado
- o [Less Fret, More Faith: An 11-Week Action Plan to Overcome Anxiety](#), Max Lucado
- o [The Best Is Yet to Come: Facing the Fears of Today With God's Hope for Tomorrow](#), Sara Broyhill Anderson
- o [Master Your Emotions: A Practical Guide to Overcome Negativity and Better Manage Your Feelings](#), Thibaut Meurisse (not faith based)
- o [Forgiving What You Can't Forget: Discover How to Move On, Make Peace with Painful Memories, and Create a Life That's Beautiful Again](#), Lysa TerKeurst
- o [Enemies of the Heart: Breaking Free from the Four Emotions That Control You](#), Andy Stanley

Sermons:

- o [Four Letter Words: Fear](#), Compassion Christian Church, Cam Huxford
- o [Four Letter Words: Pain](#), Compassion Christian Church, Ken Philbeck
- o [Soul Detox: Detox Your Heart](#), Compassion Christian Church, Cam Huxford
- o [Soul Detox: Detox Your Soul](#), Compassion Christian Church, Cam Huxford
- o [Soul Detox: Detox Your Mind](#), Compassion Christian Church, Cam Huxford
- o [Soul Detox: Detox Discouragement](#), Compassion Christian Church, Cam Huxford
- o [Soul Detox: Detox Your Relationships](#), Compassion Christian Church, Cam Huxford
- o [Victory Over Anxiety and Depression](#), Compassion Christian Church, David Allgire
- o [Love Over Fear: For the World](#), Compassion Christian Church, Cam Huxford
- o [Love Over Fear: A Vision for Compassion](#), Compassion Christian Church, Cam Huxford
- o [Jesus: The Good News: Facing Fear and Worry with Jesus](#), Compassion Christian Church, Cam Huxford
- o [Jesus: The Great Physician: Healing a Fearful Heart](#), Compassion Christian Church, Cam Huxford
- o [Joseph: God Is With Us When We Need to Forgive](#), Compassion Christian Church, Cam Huxford
- o [Thankfulness: Gratitude](#), Compassion Christian Church, Marcus Johnson
- o [Here & Now: Sheep Need Hope](#), Compassion Christian Church, Dave Stewart
- o [Galatians: Determination or Dependence](#), Compassion Christian Church, Ken Philbeck
- o [Galatians: Confident Hope](#), Compassion Christian Church, Ken Philbeck
- o [Elephant in the Room: Why Would God Allow a Global Pandemic?](#) Compassion Christian Church, Cam Huxford
- o [Anxious For Nothing: Think About What You Think About](#), Compassion Christian Church, Cam Huxford
- o [Anxious For Nothing: Philippians 4:6-7](#), Compassion Christian Church, Harrison Huxford
- o [Anxious For Nothing: Staying Calm in a Crisis...Find Your Joy](#), Compassion Christian Church, Cam Huxford
- o [Blindspots: Confession and Forgiveness](#), Compassion Christian Church, Cam Huxford
- o [Blindspots: Getting Rid of Guilt](#), Compassion Christian Church, Cam Huxford
- o [Holiday Field Guide: Isolation and Depression](#), Compassion Christian Church, Harrison Huxford