

Contents

Introduction	ix
Week One: <i>It Is Possible to Stop Worrying!</i>	1
Week Two: Recognize God's Power	23
Week Three: Turn to Him for Help	47
Week Four: Do What You Can	73
Week Five: Expect Difficulties	95
Week Six: Focus on God	119
Week Seven: Surrender	143
Week Eight: Look Back	165
Conclusion	189
Final Meeting Day	195
Journal Pages	199