



Untie the Fear Knots of Your Heart

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Untie the Fear Knots of Your Heart By Ken Nichols

Fear-generating events, whether the concrete kind that dramatically disrupt your life, or the more subtle, abstract, often imaginary ones that can become a chronic life-style, will accompany us all our lives. The good news and the primary message of this book is that we can cultivate personal courage, spiritual faith and practical strategies to transform the "Fear Knots" of our hearts into the "Fear Not's" found in God's promises.

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