



Finding Serenity in the Age of Anxiety

Robert Gerzon

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Are you among the millions affected by the stress and anxiety of modern life?

In this groundbreaking book, Robert Gerzon approaches the age-old problems of anxiety, stress, and fear from a new perspective, one that leads to personal and spiritual growth. He dispels the myth that all anxiety is bad and shows that it is a natural--even sacred--part of life. Gerzon brings the surprising message that "learning how to be anxious about the right things in the right way" may actually be our most direct route to serenity. In a brilliant analysis, he unravels three distinct strands from anxiety's tangled knot and demonstrates how to get them working for us instead of against us:

Transform Toxic Anxiety's exaggerated, self-destructive fears and worries into emotional healing and self-awareness.

Harness Natural Anxiety's arousal and excitement to surmount real dangers and take advantage of new opportunities.

Embrace Sacred Anxiety's sense of awe and wonder and its existential questions of meaning and purpose to discover your true self and the unique gift you have to give the world.

Destined to become a classic in the tradition of *The Road Less Traveled*, *Finding Serenity in the Age of Anxiety* offers inspiration and new insight into the most fundamental problem of human life. Weaving together psychology, spirituality, mindbody medicine, myth, case studies, and practical self-help techniques, Robert Gerzon's book can free you to live your life with greater passion and deeper serenity.

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