

THANK-YOU THERAPY

CHAPTER ONE

That's Anxiety

“Anxiety in the heart of man weighs it down” Proverbs 12:25).

Today is the twenty-second day of November in the year 2000, (the day before Thanksgiving), and, this morning, I am anxious about a number of things.

--I started a new job last night, a seasonal job with Harry and David's, in the order-entry department. That means I will be processing Christmas gift orders for the millions of people world-wide who want to order and send their Christmas gifts without having to shop for them. I'll be expected to receive phone orders and enter them into a sophisticated computer system (accurately) and have each order processed in 2.2 minutes. All of this for \$8.00 an hour. I'm anxious because I don't know whether or not I can do it.

--I am anxious because I am unable to pay salaries to the staff of He Invites—that's one reason for taking the job.

--My wife discovered a lump on my right elbow and I haven't heard the results of the MRI yet.

--Carol, my wife, is grappling with a hormonal problem for which we are unable to find a solution.

--Tomorrow is Thanksgiving, and I have a lot of yard work to do before company arrives.

--The election of the President of the United States is still hanging in the balance and I do have a preference.

--And, I'm anxious over the fact that Christmas is coming.

My biggest problem, however, is that as I acknowledge my anxiety to you, I am reminded that my Bible tells me to “*be anxious for nothing*”. That very verse increases my anxiety. Now, I am anxious over my anxiety

I am one of 19 million Americans who have suffered from anxiety disorders--in fact; I am an expert on the subject.

I know how it thinks,

I know how it feels,

I know its cause, and

I know its cure.
I know the cold, drenching sweat of anxiety.
I know its limp knees,
It's dry mouth,
It's sweaty palms,
Shaky limbs,
Deep sighs,
The panic, and
The awesome feelings of impending doom.

I've experienced the ulcer, the spastic colon, the anxiety pain in the pit of my stomach, the obsessive-compulsive disorder and the ensuing depression.

For most of my adult life, irrational thoughts and fears that grew progressively worse have tormented me.

BUT I DO KNOW WHAT TO DO ABOUT MY ANXIETY.

That solution, when I share it with you, will sound relatively simple. In fact, after you have read it, you'll be tempted to close the pages of this book and feel that either you already knew that or you have tried it and found it didn't work.

BUT it does work—IF you know how to work it.

When this book was first published it met with an immediate positive response.

The station manager of a Christian radio station in the Mid-West called me and ordered enough copies to distribute among her entire staff. They then studied it together at a staff retreat. "It completely changed the attitude and relationships of our workers," she said.

My sister-in-law read it and found Christ as her Savior.

"It's the best book you have written," said many of my friends.

It's a simple, Biblical formula that has enabled me to spend a lifetime dealing with the stresses and problems of a demanding ministry.

It is a prayer—but not just any kind of a prayer. To tell an anxious person to "pray about it", often increases anxiety. But to teach a person how to pray this prayer is to teach that person how to rid himself or herself of anxiety.

This particular prayer is like good medicine.

It can be taken before, after or even during meals.

It has absolutely no side effects.

It requires no prescription and it can be taken with or without water.

It's foolproof, safe, and it's free.

I call it **THANK-YOU THERAPY**.

Questions to reflect on.

1. To what extent are you now or ever have been troubled with anxiety?
2. How does it affect you?
3. What concerns in your life give you the most anxiety?
4. How do you handle them?
5. Is your approach effective?
6. Do you see a relationship between anxiety and unbelief?
7. If so, how are they related?

Would you like to continue reading this book?

Would you like to learn a foolproof method for taming stress and anxiety in your life?

This book will take you into the Word of God and into the life of Don Baker, and show you how I learned a little-known secret from Scripture that works better than drugs or vacations to calm the worries that used to keep me awake nights.

I have contributed 5,000 of these online books to He Invites, Inc., a non-profit, world wide evangelistic ministry. You may download the entire story to your computer by visiting the World Wide Web address below. It will be sent to your computer immediately by charging just \$5.00 to your credit card in the name of He Invites, Inc.

(Not available on WebTV)

The entire \$5.00 will go to continue this ministry.

Just go to the address:

<http://www.heinvites.org/hope>

Click on "Thank You Therapy" to order and then follow the instructions on the screen.