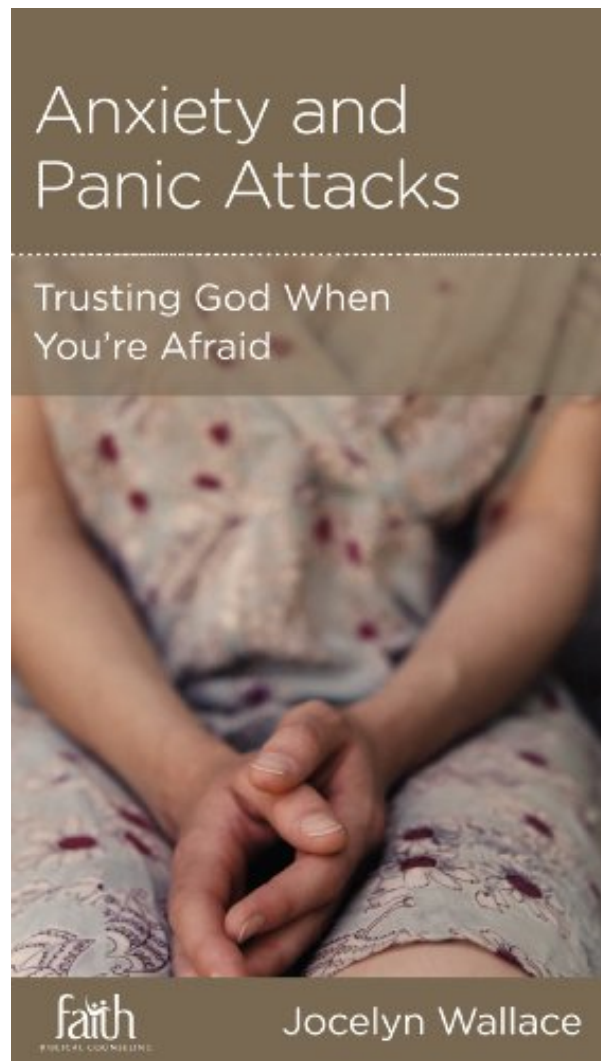


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Jocelyn Wallace is a certified biblical counselor, teacher, and conference speaker, and has served as the director of both a women s transitional home and a faith-based residential treatment center for girls. Jocelyn and her husband, Brian, have been married for over fifteen years and have two elementary school-aged daughters.

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Suffering from anxiety and panic attacks can feel incapacitating. One minute you feel fine, and the next your heart is pounding, your mind is racing, and your stomach is clenching. Sometimes it even feels like you might be having a heart attack. The Bible says, Be anxious for nothing, but that feels impossible when you're even becoming afraid of being afraid! Thankfully, you have a God who does not leave you alone in your fear and instead uses it to reveal his great love for you. With helpful, practical guidance, experienced counselor Jocelyn Wallace helps you understand the roots of your anxiety and to see how Christ meets you in your struggle and provides everything you need to begin to address it.

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