



## The Gift of Social Anxiety: Finding Rest in God's Grace (Paperback)

By Julie Rajnus

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Winner of 2016 Oregon Christian Writers Cascade Award. Finalist for 2017 Oregon Christian Writers Cascade Award. Biblical worldview Over 200 scientific studies Examines role of body spirit Reviews modern counseling techniques Centered on Jesus 274 pages (print edition) Social anxiety is a complicated web of rules. Don't blush. Don't tremble. Don't be afraid. We try and try, but we just don't get it right. The last thing a socially anxious person needs is more rules. The rules were designed by God for a purpose. Not to measure our own perfection, but to illuminate God's perfection. Social anxiety then becomes a gift, because it highlights our failure at the rules. and drives us to find love and acceptance outside of our performance. Rest. We don't need to change or work harder. We only need one thing. Grace Chapter 1: My Pitiful Story Chapter 2: What is Social Anxiety? Chapter 3: A Floppy Foundation Chapter 4: The Brain: Welcome to the Circus Chapter 5: The Autism-Sensory Connection Chapter 6: Pills, Plants, and Food Chapter 7: A Brand New...



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