



Recommended Reading List



Manage Your Fears, Manage Your Anger: A Psychiatrist Speaks, by Abraham A. Low, M.D.



The Diary of St. Maria Faustina Kowalska, by St. Faustina



The Wisdom of Dr. Low: Words to Live by, by Abraham A. Low, M.D.



The Second Greatest Story Ever Told, by Michael E. Gaitley, MIC



Brain Lock: Free Yourself from Obsessive-Compulsive Behavior - A Four-Step Self-Treatment Method to Change Your Brain Chemistry, by Jeffrey Schwartz



Our Friend Faustina, by Michele Faehnle & Emily Jaminet



The Book of Job, as in, the one in the Bible

Every day, every moment, we are faced with a choice: will we choose to live in fear or in love? Ultimately, will we choose to trust? Here are a few recommended resources to help encourage you to choose peace over anxiety, and trust over fear.