



# The Worry Free Life: Take Control of Your Thought Life By Weeding Out the Bad and Nurturing the Good

By Terence J. Sandbek, Patrick W. Philbrick

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Despite today's fast-paced world, people desperately want to live their lives with great passion and conviction. They seek answers from the Bible, pastors and even counselors... and yet they are unable to find peace because of excessive worry and destructive emotions. In *The Worry Free Life*, you'll learn how to convert your negative thought processes to healthy ones, and eliminate worry, so you are free to live a life of love beyond anything you have ever imagined!

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### Editorial Review

#### Review

The Worry Free Life provides a wealth of practical information for anyone who wants to take control of their emotions, thoughts and behaviors. It moves you beyond simply handling life's struggles, it transforms your thinking and lays out the foundation for a better, more improved life. The authors began with something that started out as effective personal growth tools and developed them into a life changing road map for freedom and growth. It's a wonderful mix of psychology and Christianity, with real life solutions for victorious living.

--Marcus Lamb, President-Daystar Television Network

This is revolutionary stuff! People tell us all the time we need to change. Finally a book that shows us HOW! The practices in this book will bring you greater peace, more energy, and healthier relationships. Please read this. The ripple effects to a healthy mind are endless. --Ken Burkey, Senior Pastor- Green Valley Community Church

#### Review

Advance Praise for The Worry Free Life: "The Worry Free Life provides a wealth of practical information for anyone who wants to take control of their emotions, thoughts and behaviors. It moves you beyond simply handling life's struggles – it transforms your thinking and lays out the foundation for a better, more improved life. The authors began with something that started out as effective personal growth tools and developed them into a life changing road map for freedom and growth. It's a wonderful mix of psychology and Christianity, with real life solutions for victorious living." – Marcus D. Lamb, President Daystar Television Network "This is revolutionary stuff! People tell us all the time we need to change. Finally a book that shows us HOW! The practices in this book will bring you greater peace, more energy, and healthier relationships. Please read this. The ripple effects to a healthy mind are endless." – Ken Burkey, Senior Pastor, Green Valley Community Church

#### About the Author

Terence J. Sandbek Ph.D.: Dr. Sandbek, co-author of The Worry Free Life, works with people who have many kinds of problems such as phobias, eating disorders, and depression. He is the author of the book, The Deadly Diet. He is a licensed clinical psychologist, a licensed marriage and family therapist, and a credentialed school psychologist. He has a B. A. in mathematics from North Dakota State University, and an M. A. in psychology from Pepperdine University. At Fuller Theological Seminary, he received his Ph.D. in clinical psychology and an M. A. in theological studies. He completed a clinical clerkship at Orange County Medical Center and finished his clinical internships at Sutter Memorial Hospital in Sacramento and Stockton State Hospital. Dr. Sandbek has presented professional papers at most major psychological conventions and often speaks at colleges and universities. He has appeared on many radio and television talk shows including the Oprah Winfrey show and has appeared on national PM Magazine for his work with eating disorders. For ten years, he was the Director of Cognitive Therapy for Sierra Vista Hospital. Dr. Sandbek is an avid reader when he is not searching for galaxies with his telescope. Having lived in Japan, he is a student of the martial arts and is currently the holder of a brown belt in Aikido and a black belt in Shotokan karate. He is a member of the Sacramento chapter of the Society of American Magicians and plays trombone in a jazz band. Patrick W. Philbrick: Patrick delights in connecting with people. His passion for teaching The Worry Free Life clearly shines through in his classes. Patrick was a student of Dr. Sandbek, being trained in Sports Psychology, and adapted this material into a Christian Life Skills class at his church. The response was immediate and overwhelming. The Worry Free Life began to snowball as a grass roots movement and

blossomed into a national phenomenon. Patrick graduated from UCLA with a BA in English Literature. He loves to write and teach. He has published articles in Soaring Magazine on performance enhancement, and is the co-author of The Worry Free Life.

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