



## Overcoming Panic Attacks

By Ray Comfort

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Have you had a panic attack this week – or perhaps even today? If you have, then you're among the many thousands of Christians who suffer from the devastating effects of panic attacks and irrational fears. Evangelist and author Ray Comfort was one of them, and he found the scriptural way out of his attacks and fears, and wrote this book to help you find the way out of yours.

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### Editorial Review

#### About the Author

Ray Comfort, a native New Zealander, began his ministry with a burden for his lost friends. After attending the funeral of a fifth friend who had died from a drug overdose, Ray published an eight page pamphlet called *My Friends Are Dying*. This pamphlet gained substantial publicity and was later expanded to a paperback book. As a result, Ray received many opportunities to speak to youth about the ultimate answer to the drug problem—Jesus Christ. Shortly after this, Ray began praying for an opportunity to share his faith publicly. He soon learned his hometown, Christchurch, had recently legalized public speaking in the local square. Ray began preaching the gospel outdoors, and this became the daily focus of his ministry. Ray has written more than 35 books and spoken at almost 700 churches. His ministry has included pastoring a church, hosting a Christian radio program, writing a newspaper column called *Words of Comfort*, and serving as a regular platform speaker at Southern Baptist State Conferences. Ray lives in Bellflower, California, with his wife, Sue, and their three children.

### Users Review

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