



Breaking the Chains of Worry and Anxiety: Lessons from Liberty Jail and Mindfulness Therapies

Mr. Steven Jay Davis

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Breaking the Chains of Worry and Anxiety is a self-help book that combines the mindfulness practice of Acceptance Commitment Therapy (ACT) with the Lessons of Liberty Jail learned by the LDS (Mormon) prophet Joseph Smith. The author shares personal stories on how to beat anxiety and provides practical exercises to help develop new habits of thinking and living.

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