



Season of Grace: Finding Freedom from Panic Attacks, Fear, and Anxiety

Russ Pond

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Since his teenage years, Russ Pond struggled with crippling fear, panic attacks, and anxiety. His world closed in around him. Doctors, medications, counselors and psychiatrists only provided temporary relief, but no true freedom. Today, Russ is completely free from the crippling fear and tormenting panic attacks that devastated his life. This book is his autobiographical journey of faith to complete freedom. He shares practical, emotional and spiritual insights that opened the door to freedom.

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