



Sabbatical of the Mind: The Journey from Anxiety to Peace

David Winters

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In this humorous account, a successful Christian businessman in Washington, D.C. begins to have debilitating anxiety attacks, which lead him to take a sabbatical and explore life's biggest questions. After five months, he returns to work with new drive and purpose.

Selected as one of the top Indie nonfiction books for 2016 by Foreword Reviews.

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