



Normal People Do the Craziest Things: How to Keep Yourself in Perspective

David Hawkins

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For every reader who has tried to hide and avoid their own crazy troubles, bestselling author David Hawkins offers assurance that what they are experiencing is very normal and redeemable.

With biblical leading and a prescription for balanced perspective, Hawkins directs readers to work toward health and wholeness as they

- explore the areas of life where they're scared of failure or rejection
- discover why fear, phobia, anxiety, and depression begin and how to combat them
- deal with crazy or chaotic marriages and families with effective tools and guidelines
- manage stress and soothe the overwhelming feeling of being out of control
- realize problems are universal and that there is no shame in having struggles

Since the Garden of Eden, people have been hiding their sins and weaknesses. Hawkins' refreshing guide removes the barriers of emotion and stereotype that stand between a reader's normal problems and God's supernatural peace.

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