



Be Not Afraid: Overcoming the Fear of Death

Johann Christoph Arnold

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Fear of accidents or acts of terror, illness or dying, loneliness or grief – if you're like most people such anxieties may be robbing you of the peace that could be yours. In *Be Not Afraid*, Johann Christoph Arnold, a seasoned pastoral counselor who has accompanied many people to death's door, tells how ordinary men, women and children found the strength to conquer their deepest fears. Drawing on stories of people he has known as pastor, relative or friend, Arnold shows how suffering can be given meaning, and despair overcome. Interspersed with anecdotes from such wise teachers as Mother Teresa, Henri Nouwen, Fyodor Dostoyevsky and Dietrich Bonhoeffer, Arnold's words offer the assurance that even in an age of anxiety, you can live life to the full and meet death with confidence.

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