



How to Live in Fear: Mastering the Art of Freaking Out

By Lance Hahn

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How to Live in Fear: Mastering the Art of Freaking Out By Lance Hahn

Find freedom in an age of anxiety.

Let's face it: we are afraid. Our world is riddled with fear-inducing headlines, financial meltdowns, family crises, and phobias of every stripe. No wonder the *New York Times* now reports one in ten Americans is now taking antidepressant or anxiety medication. So how do we cope or even succeed in a world spinning out of control? As someone who has battled panic attacks and anxiety most of his life, Lance Hahn can relate.

In *How to Live in Fear*, Lance tackles the pervasive problem of fear and panic head-on by inviting readers into his world. In this genuine and practical book, he invites readers into the life of a pastor living with anxiety disorder. Through humorous personal stories—like losing it on an airplane or collapsing onstage as he is about to preach—Lance will win over readers with his transparency. He will also share the remedies that have helped him recover and overcome throughout the years.

How to Live in Fear is a public intervention of sorts. We need to talk about this issue, especially the church-at-large. Millions of people suffer from anxiety disorders, and the church has done little to make them feel normal. Many Christians now take medication privately but keep it a secret under the shame of being viewed as a failure. Lance willingly bares his soul in order to get the conversation started. He firmly believes the church should not only recognize the issue, but also help believers reconcile the guilt of being a Christian while dealing with dread and anxiety.

Filled with practical tips and advice, and full of relevant scriptures, *How to Live in Fear* gives readers the tools to relax in the face of fear—real or imagined. Lance will show readers that while he may still encounter bouts of panic, he has never let his disorder stop him from living a full life.

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Editorial Review

About the Author

Lance Hahn is the Senior Pastor of Bridgeway Christian Church in Rocklin, California. He loves reading and teaching God's word. At the age of six, Lance was diagnosed with a panic disorder. He knows what it's like to be afraid and how to live with anxiety. He shares this journey in his first book *How to Live in Fear: Mastering the Art of Freaking Out*. In it, he shares personal stories and offers tools for thriving through fear and guides fellow sufferers into a life of faith and trust in a God who has not forgotten them.

Outside of leading Bridgeway and uniting churches in the Sacramento region, Lance is a popular speaker who loves to write articles, blogs and books in his spare time. In his free time, Lance is a movie buff and a collecting-nerd. He loves to collect trading cards, comic books, old vinyl records and other various 'treasures'. Lance is married to his wonderful wife, Suzi. They have two incredible daughters and they round out their home with a tri-colored Cavalier King Charles named Bella.

Users Review

From reader reviews:

Jamie Lundquist:

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Charles Hopper:

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