



## Down, But Not Out: How to Get Up When Life Knocks You Down (Strength for Life)

By Wayne A. Mack

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Do circumstances control you? Do you worry about your next career move? Are you overworked or missing deadlines? Are you unsure of the next step? Life is full of problems that can bring us down. As Christians, however, we know that Jesus overcame the world, and by his power at work within us, we can as well. In *Down, But Not Out*, Wayne Mack brings biblical counsel to people suffering from worry or spiritual burnout - two major problems that knock us down. Other chapters treat "downers" such as self-pity, discontentment, discouragement, perplexity, and hopelessness.

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