

CHRISTY BOULWARE

# NERVOUS BREAKTHROUGH

Finding Freedom  
from Fear and Anxiety in  
a World that Feeds it



## Nervous Breakthrough: Finding Freedom from Fear and Anxiety in a World that Feeds it

By Christy Boulware

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## Exhaustion and hurry aren't a badge of honor.

Fear and anxiety rage in our world—a weight we carry, producing profound physical consequences. We hustle hard and strive more each day, our priorities mismatched with our Savior's—struggling to surrender our lives to His will. We believe our superwoman tendencies are amazing when they are in fact alarming. What will it take to rock the boat enough to awaken our souls? A total nervous breakdown?

A diagnosis of severe panic and anxiety disorder answered that question for Christy Boulware. Her fast-paced, highly driven, mis-prioritized life finally caught up with her. Eventually she went from being superwoman to staring at guns on her bedroom floor.

"Her candid storytelling about her debilitating anxiety and her awesome breakthrough is liberating for anyone who dares to read her book. Christy shares principles that allows the reader to leave behind the suffocating chains of anxiety."-Jackie Kendall, Best-selling author of Lady in Waiting and President of Power to Grow, Inc.

Endorsed by Miss Nebraska Megan Swanson, psychologist Lauren Gaines, comedian Brandalyn Shropshire, best selling author Jackie Kendall and TV personality Tim Ezell, Boulware's new book will teach your listeners how to overcome fear and anxiety in a world that feeds it.

Boulware welcomes interviews on topics, such as:

- Laying down superwoman tendencies and discovering how to fully surrender to a trustworthy God.
- Stopping anxiety before it starts by recognizing smoke alarms.
- Understanding categories of people that are safe to share your anxiety struggle with.
- Learning why the presence of fear does not mean your faith is weak.
- Discovering where science complements God's Word to achieve a balanced approach for overcoming anxiety.

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## Websites

[christyboulware.com](http://christyboulware.com)

[fearlessunite.com](http://fearlessunite.com)

## Facebook

[facebook.com/christy.boulware](https://facebook.com/christy.boulware)

[facebook.com/fearlessunite](https://facebook.com/fearlessunite)

## Instagram

@christymboulware

@fearlessunite

## Podcast Launching in March

Fearless Tips and Talks

**Christy Boulware** is first a passionate follower of Christ. She is also wife to a hunky man named Troy and mom of three beautiful children. With a deep desire to set women and teens free from the chains of fear and anxiety, Christy founded and leads the not-for-profit organization, Fearless Unite. Through conferences, workshops, retreats, Bible studies, and devotionals, Christy speaks and writes about drastically decreasing the alarming statistics of anxiety in our world.

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## Quotes from Nervous Breakthrough.

"The goal isn't to cultivate a life free of fear; such a life doesn't exist. It's to learn how to fear less."

"All the success I gained and achievements I earned became powerless in the face of severe panic and anxiety."

"You can believe in miracles while taking practical steps toward healing."

"Anxiety smoke alarms are built-in blessings, and we must begin paying attention to them."

"Where fear is operating, love cannot freely flow. Failing to recognize that we are operating out of fear means losing our footing fast."

## Sample Interview Questions

- You reference that you were proud of your superwoman tendencies prior to your nervous breakdown. How did you go from superwoman to staring at guns on your bedroom floor?
- Why is the topic of overcoming fear and anxiety such a pressing and urgent issue?
- What makes your book about fear and anxiety different from other published works?
- How would you define worldly success vs Godly success?
- Where is the healthy balance between faith and medication?
- You have developed an idea that you call anxiety smoke alarms. Please explain.
- How do you fully surrender to God when fear is all you feel?
- How do you deal with isolation from family and friends that don't understand your struggle?
- How do you overcome snowballing anxious thoughts?
- Explain why the presence of fear does not mean your faith is weak?