

How You Can Overcome Your Deep-Rooted Fear and Walk in Health and Freedom

Past trauma has a way of reigniting fear in our lives over and over again.

This recurring fear often builds momentum over time, and in the process destroys our health and even our relationships.

Susie Larson joins Dr. Mark Sherwood in this episode of *Healthcare's Missing Link* to help you overcome deep-rooted fear. When you get the fear out of your life, your body will respond with a new wave of health.

In this episode, you'll discover:

- What happens in our souls happens in our cells.
- How fear creates inflammatory responses in your body.
- How the storms of life reveal the lies we believe.
- How passive optimism doesn't get you anywhere.
- Are there any hindrances to your healing?

Quotes from the Episode

"Nothing healed my soul like coming into the knowledge of the love of God."

"It's not how we can jump, but that love came down."

"When the bad news upstages the good news, you've lost your way and lost your perspective."

"Passive optimism—where you just keep your chin up and don't really do anything about it—is not going to get you anywhere."

"Jesus cares about the human condition. He didn't save us to slave us."

About the Guest: Susie Larson

Susie Larson is a talk show host, national speaker and author of 16 books and many articles. In both 2016 and 2017, Susie

was nominated and voted into the top 10 groups for the National John Maxwell Leadership Award. Susie has been married to her dear husband, Kevin, since 1985, and together they have three wonderful sons, three beautiful daughters-in-law, two beautiful grandchildren and one adorable pit bull named Memphis. Susie's passion is to see women everywhere awakened to the value of their soul, the depth of God's love and the height of their calling in Christ Jesus.

Listen to the entire episode of *Healthcare's Missing Link* featuring guest Susie Larson here. {eo}