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the joy of anxiety pdf The word joy means a feeling of great pleasure and happiness. C. S. Lewis saw clear distinction between joy, pleasure, and happiness: "I sometimes wonder whether all pleasures are not substitutes for Joy." Joy - Wikipedia Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous

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Well, i feel anxiety in different situations...new things which i have to learn ...and not disappoint myself and/or others. Job is always great source of anxiety for me, now i have a new job and it is tough....I have never satisfied with myself, and it seems to be that people are never satisfied with me.

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