

玉苒廈之書沉思語錄

A Thought to Ponder from The Urantia Book

Abandon Anxiety



“Anxiety must be abandoned. The disappointments hardest to bear are those which never come.”

[48:7.21 \(557.5\)](#)

放下焦慮

“必須放下焦慮。最難忍受的是永遠不會實現的失望。”