

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 \(557.5\)](#)

拋卻焦慮

「應當拋卻焦慮。最難承受的失望，往往來自於那些從未發生的。」