



Stress Less, Enjoy More: Practical and Scriptural Stress Management Techniques to Tame Your Stress and Experience Peace

By Sherry M Carroll

Truth Family Resources LLC, United States, 2015. Paperback.
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stress. Left unchecked, the effects of stress can cause physical,
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and peace-of-mind, as well as personal and professional
relationships. In this book, you will learn some of the common
causes of stress, identify the stressors in your life, and discover
some of your behaviors which are keeping stress alive. Then,
once identified, you will learn to deal with and minimize the
effects of stress. This book will include many practical tools you
can use to help manage your stress. These tools/techniques are
available to everyone. In addition, we will look at some biblical
tools - some spiritual resources - which are only available to
those who are Christians, those who follow Jesus as their Savior.



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