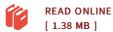




Stress Worry: Moving from Fear to Freedom Series (Paperback)

By Judy a Lair

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand ******.Odds are, you and I have very similar stories. Stress feels like a vise squeezing us from all sides. Worry is an annoying companion who keeps coming back. Fear of being wrong. Concern we ve hurt someone we love. All the what if anxiety worries chase us around like howling wolves. Decision-making can be a nightmare. Pounding heart, racing thoughts, shortness of breath, inability to sleep, and feeling overwhelmed. How do we make it stop? I ve spent more than 16 years personally wrestling with this question. There s no simple answer. You can t just put it out of your mind or think about something else. It s unnerving to be a confident, mature adult one moment and feel helpless or insecure the next. We try to hang onto Bible verses such as: cast all our cares on God, all things are possible with God, and God doesn t give us more than we can bear. Now you and I know all these truths in our head. We ve tried to push worry aside and incorporate healthy stress reduction activities. But...



Reviews

Completely essential study ebook. This is for all those who statte there was not a well worth reading. I realized this book from my dad and i recommended this publication to find out.

-- Jarrell Kovacek

If you need to adding benefit, a must buy book. It really is writter in straightforward words and phrases and not confusing. You will not feel monotony at anytime of your respective time (that's what catalogues are for concerning if you ask me).

-- Dr. Celestino Treutel

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SIMON SCHUSTER, United States, 2010. Paperback. Book Condition: New. Reprint. 212 x 138 mm. Language: English. Brand New Book. One man. Ten extraordinary quests. Bestselling author and human guinea pig A. J. Jacobs puts his life to the test and reports...



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HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English. Brand New Book ***** Print on Demand *****. A highly personal and moving true story of friend-ship and remembrance from the New York Times bestselling...



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Quercus Publishing Plc, 2011. Hardcover. Book Condition: New. No.1 BESTSELLERS - great prices, friendly customer service â" all orders are dispatched next working day.



The Hen Who Wouldn t Give Up

Egmont UK Ltd, United Kingdom, 2014. Paperback. Book Condition: New. Paul Howard (illustrator). Reprint. 196 x 128 mm. Language: English. Brand New Book. A heart-warming story about a hen with as much pluck as she has cluck from the author of...