



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. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Stress is everywhere! ALL people have stress in their lives. Money, power, education, spirituality or good looks - none of these shield people from stress. Left unchecked, the effects of stress can cause physical, emotional, and behavioral disorders which affect health, vitality, 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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