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How to Handle Stress: God's Prescription for Turning Stress Into Rest

By Amy Hagerup

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you a Christian who wants to know how to handle stress God's way? Are you looking for rest that you know God can give you - but it still seems to allude you? As Christians, you and I both know that we live in a pressure cooker. Is the stress in your health, finances, family, or job defeating your joy? In How to Handle Stress, you will learn: There are many different hurts you might dealing with right now Learn how to identify your stressors Study the 8 unhealthy responses to stress Contrast task-master with God-master Discover 9 practical steps to help you get rid of stress Uncover the amazing key to making rest a part of your busy life Hear some of our amazing stories from my childhood and adult life in Africa Personal worksheet is included for helping you know how to handle stress God's way You will learn: God's definition of hope as opposed to the human definition A powerful resource available to you that only you can...



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