

Stress Less And Enjoy Each Day - Thomas Nelson

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Take a deep breath-less stress is just around the corner! Do you feel like your stress levels are off the charts? We hurry through life from one place to the next, one task to the next, focused on conquering the next obstacle, making the next deal, running the next errand-and feeling like we'll never have enough time to do it all. The truth is, we have all the time in the world . . . if we just realize we can choose whether to live panicked or peaceful, stressed or calm. Learn how to slow down long enough to see through the clutter . . . and to choose less stress. David Zerfoss offers a new perspective on how to approach life differently and gain the balance you desire. Learn to rely on the One who calms each storm and can help you find calm in every day. Motivational stories, quotes, and questions for reflection will guide you down that pathway and into a life of less stress. Author: Nelson, Thomas Publisher: Thomas Nelson Illustration: N Language: ENG Title: Stress Less and Enjoy Each Day Pages: 00112 (Encrypted EPUB) / 00112 (Encrypted PDF) On Sale: 2012-07-10 SKU-13/ISBN: 9781400320318 Category: Self-Help : Personal Growth - Success

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