



Breaking Free From Stress: How to Find Peace when Life's Pressures Overwhelm You

Ph.D., Linda Mintle

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LORD, HELP ME SEE WHAT'S REALLY IMPORTANT!

Stress is all around us—a byproduct of our postmodern lives. We have too little time, too few resources and little control over much of our lives. But you can break free from stress and its effects. Discover how to laugh more, enjoy life to fullest and stop letting stress slow you down.

- Understand stress and how it operates in your life.
- Identify the physical and emotional signs of being overstressed.
- Apply biblical stress-free strategies to specific problems.

When you are overwhelmed and have done all that you know how to do, God is the resource that will never run out. Let Him relieve your stress!

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Dawn Williams:

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Sandra Phillips:

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