



## Stress Less and Soar More: An Eight Week Exploration of Faith

By Kristi Lackey

Tate Publishing Enterprises, United States, 2011. Paperback. Book Condition: New. 208 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you anxious and exhausted? Do you need to be renewed and rejuvenated? Find hope for a restful spirit in Kristi Lackey's Stress Less and Soar More, an inspiring eight-week study of behavior you can establish to live in the peace God offers. Each day includes encouraging suggestions and uplifting scriptures to direct your focus. End each week with a checklist of affirming habits. Along with the reading, you will find a CD with relaxation exercises to assist in restoration and renewal and to help you memorize the scriptures you read throughout the week. Allow God to pour his truth, love, and grace into your heart and mind as you weave God's ways into your everyday life. Learn to Stress Less and Soar More as you let go of tension and embrace a lifestyle of rest.



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