



Overcoming Stress: From a Cook Book View Point

By Johnathan Hines

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Many wonder if stress is really necessary in life. What is it about stress that make people get work done or to run from what is going on in life? So understanding what stress is and how it affects you will make all the difference in how stress works in your life. Stress is said to be negativity in a persons life that affects them mentally and physically. So understanding what stresses you out and how to overcome it will make all the difference. There are ways to deal with stress and to make it work positively for you, not just negatively. When you make stress work for you, you will be able to rest and enjoy life. Matthew 11:28-30 days, "Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light." (NIV)...



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