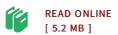




## Rest Assured: A Recovery Plan for Weary Souls (Paperback)

By Vicki Courtney

Thomas Nelson Publishers, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book. Come to Me, all you who labor and are heavy laden, and I will give you rest (Matt. 11:28Women are overcommitted, overconnected, overburdened, and overwhelmed. Their lives are full, but oddly, their souls are empty. They are aching for a bold challenge-one that will bring rest to their longing souls. Rest Assured is for the daring women who truly want to disrupt their current patterns and see lasting change. Divided into two parts, Rest Assured offers not just an intervention: The Badge of BusynessThe Exhausting Pursuit of HappinessTethered SoulsWorried SickBut also a recovery plan: Prioritize the One Thing Needed: Time for GodCreate Room to Breathe: Time for SolitudeGive Yourself a Break: Time for LeisurePay It Forward: Time for Othersif the soul is weary, it s time for an intervention. Rest Assured is not a quick fix, but rather a bold challenge that aids women in identifying the negative patterns that prevent them from experiencing rest in their souls. Most importantly, it will give them the tools needed to break the cycle. A Rest Stop challenge is included at the end of each chapter for use in Bible studies and...



## Reviews

This written ebook is wonderful. This is certainly for anyone who statte there was not a really worth studying. You may like how the author compose this pdf.

-- Odessa Graham

This published pdf is fantastic. It really is rally fascinating through studying time period. I am just very happy to inform you that this is actually the greatest publication i actually have read within my own lifestyle and could be he best ebook for actually.

-- Noemie Hyatt