



The Stress Cure: Praying Your Way to Personal Peace

Linda Evans Shepherd

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"Linda brilliantly and biblically shines the light on exchanging the crippling and unwanted stresses of life for the promised gift of peace. Packed with prayer and promises, this book will free you to experience the power of God's peace."--Lysa TerKeurst, *New York Times* bestselling author of *Unglued* and president of Proverbs 31 Ministries

We live in a world filled to the brim with advice, and when it comes to dealing with stress, there's plenty of advice to go around. Sleep more, eat better, avoid this, seek out that. But more ideas about how to cope are not necessarily what we need if we're stressed and anxious.

What we need is a cure.

The true remedy to stress, Linda Evans Shepherd says, is prayer. In this inspiring book, she shows you how to recognize God's continual presence in your life and yield your troubles to the Prince of Peace. Through captivating stories, explorations of fascinating biblical characters, and examples of deeper-than-ever prayers, she brings within your grasp the peace that passes understanding. If you are overwhelmed by all of the urgent demands on your time, this book offers you a lifeline to true peace.

Linda Evans Shepherd is an award-winning author, a popular speaker, and a radio personality. The president of Right to the Heart Ministries, she is the author of *When You Don't Know What to Pray* and *Experiencing God's Presence*. She and her husband live in Colorado. Learn more at www.stressprayers.com.

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Edward Tuttle:

Typically the book The Stress Cure: Praying Your Way to Personal Peace will bring one to the new experience of reading any book. The author style to explain the idea is very unique. If you try to find new book to see, this book very ideal to you. The book The Stress Cure: Praying Your Way to Personal Peace is much recommended to you to study. You can also get the e-book from the official web site, so you can quicker to read the book.

Arthur Prince:

Playing with family in a park, coming to see the marine world or hanging out with friends is thing that usually you may have done when you have spare time, after that why you don't try factor that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love The Stress Cure: Praying Your Way to Personal Peace, it is possible to enjoy both. It is excellent combination right, you still desire to miss it? What kind of hang-out type is it? Oh can occur its mind hangout folks. What? Still don't get it, oh come on its identified as reading friends.

Charles Smith:

This The Stress Cure: Praying Your Way to Personal Peace is new way for you who has intense curiosity to look for some information since it relief your hunger associated with. Getting deeper you onto it getting knowledge more you know otherwise you who still having tiny amount of digest in reading this The Stress Cure: Praying Your Way to Personal Peace can be the light food to suit your needs because the information inside this specific book is easy to get by means of anyone. These books acquire itself in the form that is reachable by anyone, yep I mean in the e-book web form. People who think that in publication form make them feel tired even dizzy this publication is the answer. So there is no in reading a book especially this one. You can find what you are looking for. It should be here for anyone. So , don't miss this! Just read this e-book variety for your better life and knowledge.

Lauren Miner:

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