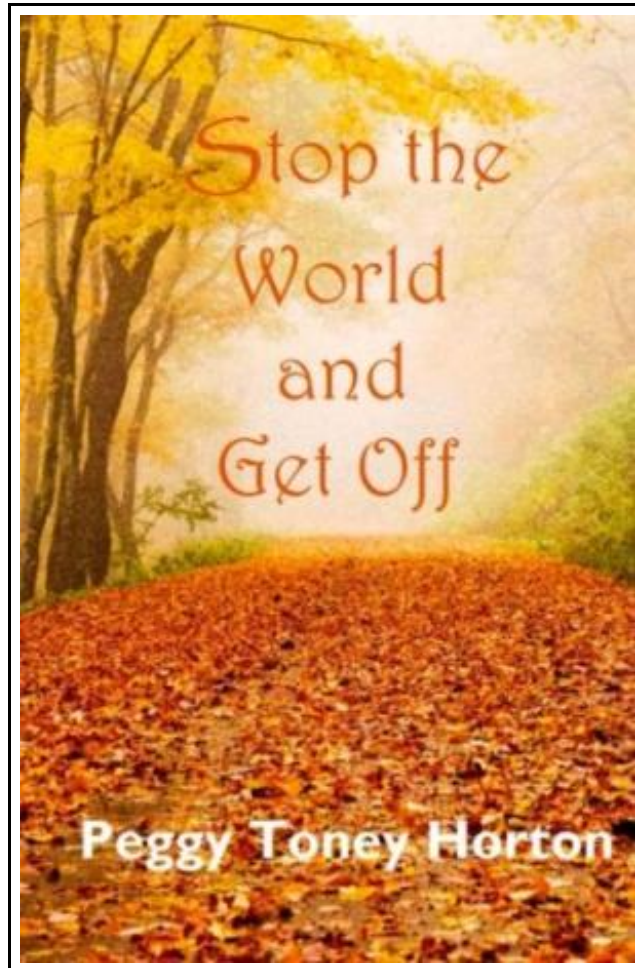


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Createspace, United States, 2014. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book ***** Print on Demand *****.Most of us feel weighed down by responsibilities at some time in our life. We have financial obligations, family issues and health concerns that sometimes become too much for us and we begin to feel pressured. A few people thrive under such stress, but if you re not one of them, you may need to start thinking about safeguarding your well-being or you run the risk of self-destruction. Wishing for the busyness of life to miraculously disappear is useless. Your yearnings will not transport you back to the simpler life that your ancestors enjoyed, but you can find moments of soothing quiet and solitude - and you must! When you begin to feel overwhelmed with life s demands, you need to push the pause button and retreat to that private place in your soul where it is only you and God. It is essential that you pull away from the world once in a while. Ideally, you could do this by lying on a beach in Hawaii, but, if that s not possible, there are other ways that are just as beneficial. The author endured years of stressful times that threatened her health and well-being, but with the help of an understanding doctor and a strong faith in God, she overcame them and is now well and happy. In this book, she shares many of her experiences in a refreshing, often amusing anecdotal style. Hopefully, her stories will be helpful to others who are attempting to manage stressful lives.



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