



# God in Our Stress: The Christian's Guide to Stress Management

*James Klotzle*

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## **God in Our Stress: The Christian's Guide to Stress Management** James Klotzle

Are you feeling stressed, Christian? What exactly is stress? Where does it come from, and how does it really affect us? More importantly, what does God have to say about stress? Isn't stress like the impartial rain, falling on both the just and the unjust? How would a Christian handle stress differently from anyone else? There is good news! God promises to give His children special help when it comes to dealing with stress. Are we taking full advantage of the gifts He has given us? Are we living out the peace, joy and victory that is available to us? Find out how in this full length Christian self-help book, with workbook-style activity pages after every chapter. Perfect for both personal use and small group study.

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