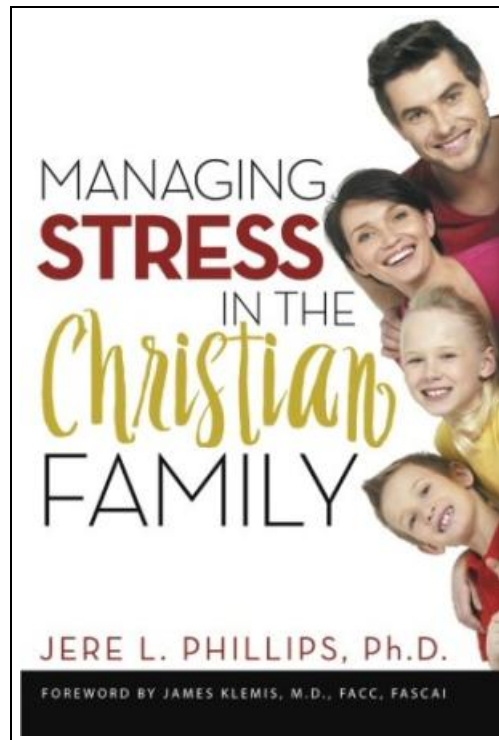


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## MANAGING STRESS IN THE CHRISTIAN FAMILY (PAPERBACK)



Innovo Publishing LLC, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. ABOUT THE BOOK: This book includes practical tools for handling stress based on solid biblical principles. Christian families experience stress just like any other family. They go through crises and conflicts, sin and sickness, fear and failure. Children and teens wrestle with pressures their parents never imagined. Loving families sometimes fight. Faithful people still struggle with finances. Yes, being Christian does not exempt anyone from the stressors of regular life. At work, in school, and around the community, believing families struggle with many issues that add stress to their lives. This book speaks to parents, teens, and children. It can help adults in the workplace and kids in schools. Within these pages are solutions for resolving conflict, dealing with bullies, managing time and money, and building sound relationships. You will learn how to develop spiritual, physical, emotional, mental, and behavioral skills to manage life s stress effectively. No one can escape all the sources of stress, but you can discover God s guidance in achieving peace in the midst of turmoil.-----ABOUT THE AUTHOR: Dr. Jere Phillips has over forty years of experience in ministry, including service as a pastor, denominational leader, writer, and seminary professor. He has served at Mid-America Baptist Theological Seminary since 2001. Phillips earned his MDiv and PhD degrees from New Orleans Baptist Theological Seminary. Dr. Phillips also has written The Missionary Family: Managing Stress Effectively and Pastoral Ministry for the Next Generation. Jere and his wife, Glenda, have two married daughters and seven grandchildren.



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