



# 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](http://www.stressprayers.com).

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Information is provisions for anyone to get better life, information these days can get by anyone with everywhere. The information can be a understanding or any news even an issue. What people must be consider while those information which is within the former life are hard to be find than now's taking seriously which one is appropriate to believe or which one the actual resource are convinced. If you obtain the unstable resource then you buy it as your main information we will see huge disadvantage for you. All of those possibilities will not happen within you if you take The Stress Cure: Praying Your Way to Personal Peace as your daily resource information.

#### **Judith Mandel:**

The Stress Cure: Praying Your Way to Personal Peace can be one of your nice books that are good idea. We all recommend that straight away because this book has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining however delivering the information. The article author giving his/her effort to get every word into enjoyment arrangement in writing The Stress Cure: Praying Your Way to Personal Peace however doesn't forget the main position, giving the reader the hottest and based confirm resource information that maybe you can be one among it. This great information can drawn you into new stage of crucial imagining.

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