



Relaxation for Christians -Step-by Step techniques for Letting Go Of Stress and Anxiety and Finding Inner Peace

Ph.D. H. Newton Malony

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If you're feeling stressed out, it's time to pull back, simmer down, loosen up, and focus in. Features easy, effective exercises for reducing physical stress and equally effective mental exercises designed to slow your racing mind. All work together to reduce your vulnerability to mental and physical distress and give you new energy to press on toward your goals. Most important, the lessons of this little book will help you make your body a fit temple for the Holy Spirit. Read it-share it with everyone you love.

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