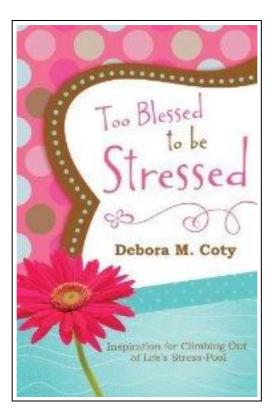
## Too Blessed to Be Stressed: Inspiration for Climbing Out of Life s Stress-Pool (Paperback)



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## Reviews

Complete guideline! Its such a excellent read. This really is for all who statte there had not been a worth studying. It is extremely difficult to leave it before concluding, once you begin to read the book. (Timothy Lynch)

## TOO BLESSED TO BE STRESSED: INSPIRATION FOR CLIMBING OUT OF LIFE S STRESS-POOL (PAPERBACK)



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Barbour Co Inc, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book. Does your to-do list have footnotes? . . . Are you imprisoned by the joy-sucking dully-funks? . . . Maybe it s time for a healthy dose of truth gift-wrapped in humor. Kick back a moment and take this revealing true-or-false stress test for women: ?T ?F I am frequently grumpy and I don t know why. ?T ?F I used to enjoy cooking, but now it s only a necessary chore. ?T ?F I don t feel appreciated for all the tasks that I do. ?T ?F I m embarrassed if caught relaxing or being unproductive. ?T ?F The volume in my voice increases to MAKE MY POINT! ?T ?F I feel like I live in my car. ?T ?F I can t remember the last time I laughed till I cried. ?T ?F A free day is exhausting because I must complete all my home duties. ?T ?F I tend to eat when feeling tense or overwhelmed. ?T ?F I feel like I m constantly on the defensive. ?T ?F I often have unexplained headaches or stomachaches. ?T ?F My to-do lists have footnotes. Now count the answers that you marked true and check out your status: 4-6: Yellow Alert! You are at risk of becoming stressed out. 7-9: Orange Alert! Look out, girlfriend, you re at toxic stress levels. 10-12: Red Alert!!! You are a bonified Stress Mess and need immediate help! If you often find yourself struggling with the stresses of finances, health, career, relationships, self-image, or family, then this humor-filled volume is just what you need. With simple, practical tips for attaining the peace you crave--the peace that passes all understanding--you II discover healing, refreshment, and revitalization for your spirit, body,...

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