



Worry Less So You Can Live More: Surprising, Simple Ways to Feel More Peace, Joy, and Energy

By Jane Rubietta

Baker Publishing Group, United States, 2015. Paperback. Book Condition: New. 216 x 142 mm. Language: English . Brand New Book. Exchange Your Worries for Delight in God . . . and God s Delight in You Weary of worry and its tagalongs: anxiety, discouragement, and exhaustion? Jane Rubietta invites you to leave behind your heavy heart and learn to truly live again. To experience joy and rest in the moment-by-moment pleasure of a God who delights in you--and has all your tomorrows under his control. Jane s picturesque prose offers enduring encouragement and practical tools for change. Discussion questions and journaling prompts make this the perfect book to read on your own or share with your small group and discover how to worry less and live more. A luminous journey from worry to its surprising antidote . . . delight. A book laden with richness, humor, honesty, and hope. We can worry less and live more. Both practical and delightful. Start reading. Stop worrying. Start living. --Anita Lustrea, co-host of Midday Connection, speaker, author of What Women Tell Me Jane s book is a poetic, beautiful reminder that more rests on God s shoulders than on mine, and it pleases...



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