



Keeping in Balance

Lisa Brenninkmeyer

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Keeping in Balance, a twenty-two session course, focuses on creating balance within. Do you feel pulled in many directions? Do you find it hard to balance the demands placed on your time? Is it difficult to manage all the details thrown your way? According to Richard Swenson, M.D., we have "more and more of everything, faster and faster." Unfortunately, this can leave us feeling frazzled and out of control. God wants to support and help us so that we can be our best in every season of our lives. Keeping in Balance will take us on a journey throughout Scripture as we discover the relevance of Old and New Testament wisdom to our daily challenges. Join us as we explore biblical ways that we can manage life's pace and pressure while living with calm and steadiness. A lifestyle of health and holiness awaits.

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Clarence Bowen:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their leisure time with their family, or their friends. Usually they doing activity like watching television, gonna beach, or picnic inside park. They actually doing same every week. Do you feel it? Would you like to something different to fill your free time/ holiday? May be reading a book may be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the reserve untitled Keeping in Balance can be excellent book to read. May be it may be best activity to you.

Edward Cooley:

Keeping in Balance can be one of your beginning books that are good idea. We recommend that straight away because this reserve has good vocabulary which could increase your knowledge in vocabulary, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort to put every word into pleasure arrangement in writing Keeping in Balance nevertheless doesn't forget the main stage, giving the reader the hottest and based confirm resource facts that maybe you can be one of it. This great information may drawn you into new stage of crucial considering.

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