STRESSED-LESS LIVING

Finding God's Peace in Your Chaotic World

Tracie Miles

Women have a desperate longing for a stress cure—a revitalized perspective and re-energized faith. *STRESSED-LESS LIVING* offers life-changing, heart-renewing, long-lasting remedies that will bring peace, even when things feel out of control.

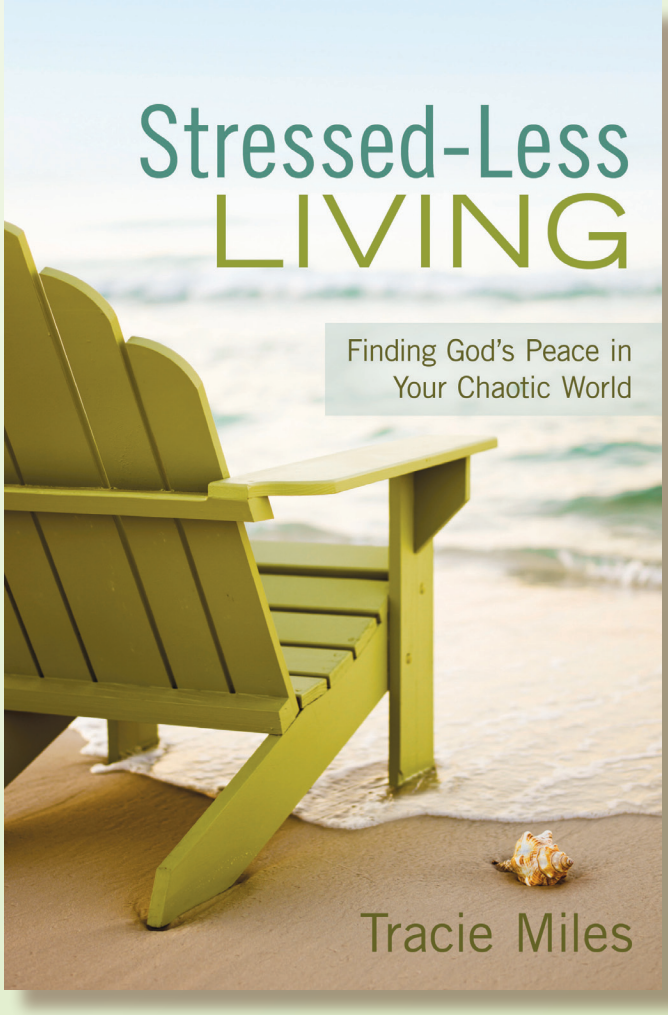
Life is tense and offers no easy answers or quick fixes. The good news is that in a world of unrest and stress readers can find the peace for which they hunger. Tracie Miles, in this breakthrough book, helps women unload the pressure cooker of life and learn to rely on the peace that Christ promises all those who come to Him. Tracie maintains that the direction many women receive today is attached to temporary helps like meditation, relaxation strategies, breathing exercises, and support groups. *STRESSED-LESS LIVING* unpacks the truth found in Scripture about how to overcome fear, anxiety, and uncertainty, and shows the stressed-out woman how she can not only survive stress, but thrive in spite of it through faith in the promises of God.

1. AUDIENCE: Women who feel the stresses of life and need encouragement and renewal through faith. Men who know women who need to know how to tap into God's stress solutions, rather than employ temporary stress-relief tactics.
2. ESTABLISHED AUTHOR: Author of *Reinventing Your Rainbow* and a writer and international conference speaker for Proverbs 31 Ministries.
3. MEDIA SAVVY AUTHOR: Tracie is a monthly contributing writer for the Proverbs 31 Ministries "Encouragement for Today" online email devotions, a contributing writer for the *Proverbs 31 Woman Magazine*, and keeps an active blog.

Praise for author:

"Tracie has a wonderful and dedicated heart for God and for touching the lives of women with his Word. Tracie brings God's message in relevant ways to other women by sharing her daily journey as a wife and mom . . . and speaks from her heart in a moving, clear, and engaging way."

—Reader, Proverbs 31 Ministry



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TRACIE MILES graduated from the University of North Carolina. She has focused on building God's kingdom through speaking and writing. Tracie has been the Women's Ministry Director for a large church for five years. She is also a writer for Proverbs 31 Ministries. She and her husband Michael have three children and live in Charlotte, North Carolina.

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