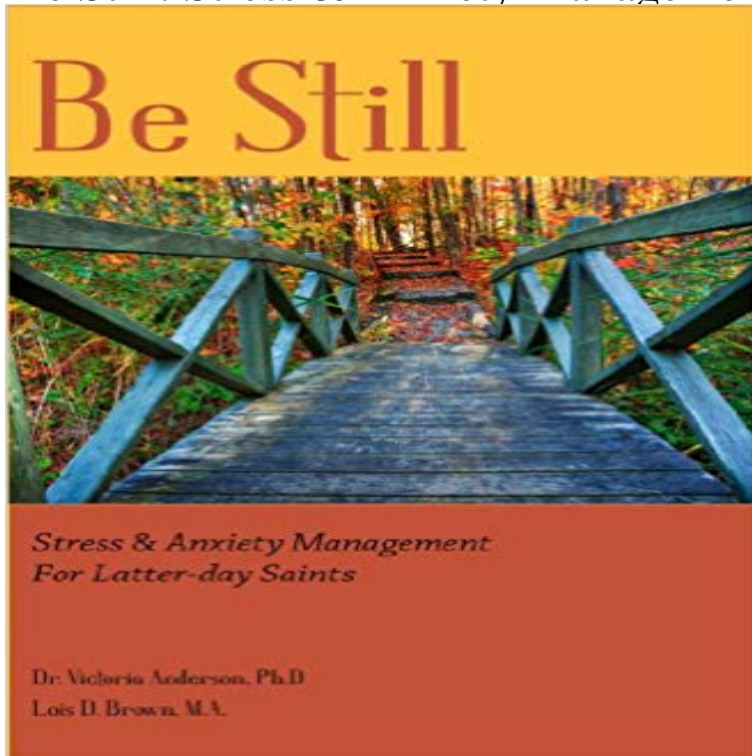


Be Still: Stress & Anxiety Management for Latter-day Saints



Yes, Mormons have Stress Too Latter-day Saints face the daunting challenge of balancing work, home, church, and personal growth in a world that is rarely peaceful. In this self-help book, psychologist Victoria Anderson and co-author Lois Brown give 44 physical, mental, emotional, and spiritual stress management techniques that anyone can use to manage stress and anxiety better and enjoy life more completely. Read real-life stories of Mormons who have found anxiety relief by integrating and applying the words of LDS prophets and scriptures into a well-rounded stress management plan. If you or someone you know struggles with anxiety or stress, this book is a stepping stone for finding peace and healing.

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