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# Joyce Meyer (3 Book Set) Help Me I'm Depressed -- Help Me I'm Stressed -- Help Me I'm Worried

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In "Depressed," you will discover how to walk by faith and not by feelings, the power of willful rejoicing, and the vital role of forgiveness. In "Stressed," you will discover how to manage stress, how to bend so you won't break, and how to say "no" to avoid burnout. In "Worried," you will learn how to truly cast your cares upon the Lord without neglecting your responsibilities and how to handle unreasonable fear and worry. Part 2 in each book gives specific scripture verses to overcome and combat depression and worry and to relieve and combat stress.

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