



Overwhelmed: How to Quiet the Chaos and Restore Your Sanity

Kathi Lipp, Cheri Gregory

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"I Don't Even Know Where to Start!"

Feeling overwhelmed? Wondering if it's possible to move from "out of my mind" to "in control" when you've got too many projects on your plate and too much mess in your relationships?

Kathi and Cheri want to show you five surprising reasons why you become stressed, why social media solutions don't often work, and how you can finally create a plan that works for you. As you identify your underlying hurts, uncover hope, and embrace practical healing, you'll become equipped to...

- trade the to-do list that controls you for a calendar that allows space in your life
- decide whose feedback to forget and whose input to invite
- replace fear of the future with peace in the present

You *can* simplify and savor your life—guilt free! Clutter, tasks, and relationships may overwhelm you now, but God can help you overcome with grace.

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