



# The Stress Factor: Finding Rest in an Uneasy World

*Brian Charette, Kerry Willis*

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The Stress Factor: Finding Rest in an Uneasy World doesn't even start with stress. It begins with a story--a parable of a real Christian life one that you will connect with from the very first page.

You will learn a new approach to stress that will reap immediate benefits for you or someone you love. You will discover that stress is a battle you can win. That's because it is an approach built on a strong biblical foundation and based on important research.

You don't need to know more about stress and the fear that keeps nibbling at you--you want to know what to do about them. As you read The Stress Factor you will hear from the heart of the Heavenly Father who wants more for you and with you.

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