

The
**CHRISTIAN WOMAN'S
GUIDE FOR PERSONAL SUCCESS**

**Twenty-five Christian women share
their powerful tips for emotional
and spiritual wellness**

-] **Developing Self-Esteem & Acceptance**
 -] **Healthy and Safe Relationships**
 -] **Overcoming Jealousy**
 -] **The Art of Calmness**
 -] **Emotional Wellness**
 -] **Living a Joyful Life**
 -] **The Art of Being Real**
-] **Living a Life of Purpose**
-] **Dealing with Aging Parents**
-] **Handling Anger and Frustration**
-] **Learning to Forgive Yourself and Others**

Edited by

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