



The Worn Out Woman: When Life is Full and Your Spirit is Empty

Dr. Steve Stephens, Alice Gray

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For the growing number of women who want to drop out because they are stressed out, this easy read provides practical solutions. Women can immediately apply these tools and strategies for limiting commitments, identifying gifts, dealing with emotions, nurturing the spirit, burying anxieties, facing the past, celebrating accomplishments, developing a support network, and protecting dreams. The Worn-Out Woman will help the reader trade in a life of running on empty for a life that is meaningful and fulfilling. She will find and recapture her passion, finally realizing the great potential God gave her.

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