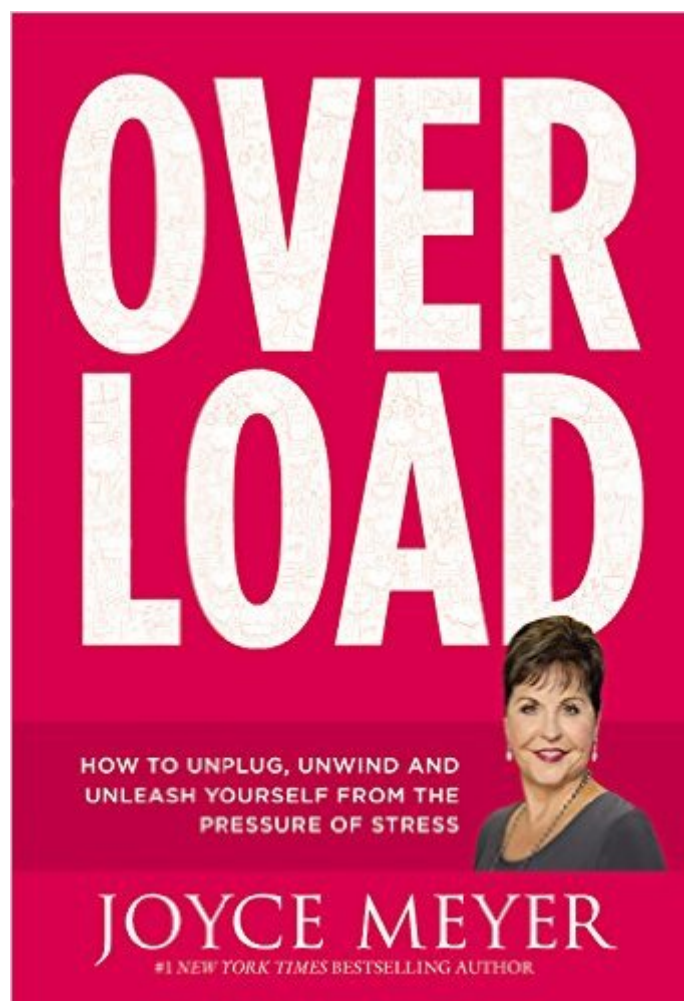


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# Overload: How To Unplug, Unwind, And Unleash Yourself From The Pressure Of Stress



## Synopsis

#1 New York Times bestselling author Joyce Meyer shows readers how to become free from the burden of stress so that they can achieve God's best for their lives. As technology increases your accessibility, it becomes harder to mute the background noise of your life and receive God's guidance. Joyce Meyer calls this OVERLOAD, when the demands of your busy life become all-consuming and overwhelming. But to experience the joyful life God has planned, you must make time to focus on His Word. Then you'll receive His healing calmness and gain the strength to take on life's challenges, from physical ailments to problems in relationships. Through the practical advice and Scriptural wisdom in this book, you'll learn how to unplug and free yourself from burdens that weigh you down. You'll gain simple, effective tips for better rest and stress management and discover the fulfilling life you were meant to lead.

## Book Information

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## Customer Reviews

OVERLOAD: How to Unplug, Unwind, and Unleash Yourself From The Pressure Of Stress by Joyce Meyer is a multifaceted book aimed at helping the reader deal with stress. There is literally something for everyone in this book! You won't be disappointed in Joyce Meyer's newest book, Overload. In this extremely well organized publication to be released tomorrow, Joyce identifies stress as "an indiscriminate thief that will take whatever it can from whomever it can....health, peace, rest, relationships, laughter...stress wants to take it all away!" She doesn't stop with assisting the reader in identifying areas of tension in their life, but goes a step farther by providing very concise direction for how to deal with those areas of your life that are creating havoc and stealing your

peace. The selling attribute for the book, *Overload*, is not that there is a large volume of new information being presented, but that the knowledge is presented all together in one place in a very easy reading fashion. The highlighted gray boxes throughout the pages, as well as the "Things to Remember" list at the end of each chapter are a very effective tool for improving retention. Joyce sufficiently covers the effects, common causes, frequent triggers & poor responses of physical, mental, emotional and spiritual stress. In addition she delivers tangible instruction on how to decrease the presence of stress in one's life and deal better with those situations that are unavoidable. Joyce Meyer ([...]) has focused her entire ministry on teaching the Bible, so it is little surprise that the guidance she presents is backed up with scriptural references. She reminds the reader that they have a choice to make each day...

This book is another great one from Meyer. It is filled with biblical wisdom and practical suggestions. Even if stress is not a major issue you face, this book has so much good material it is well worth reading. Meyer shares her own experience and the transformation that unfolded when she began to make God-directed daily decisions. She includes what she has learned about God's promises, His instruction, and suggestions for steps to take. I like Meyer's take on the subject because she was stubborn and refused to slow down. When her doctor told her she needed to make some changes, she argued that she was just busy. But she realized her stress was also affecting her spiritual life. She was being robbed of God's best for her life. Meyer includes practical suggestions on topics from budgeting time to eating well. She writes about our prayer life and changing our perspective in worship. She recognizes that we cannot control our situation but we can control how we face it and respond to it. She emphasizes the choices we can make in our attitude and what we focus on. She gives other suggestions, such as laughing more, changing our perspective and the words we speak. And that is just some of what she covers. Some of her suggestions surprised me. Who would have thought serving and blessing others would be a cure for stress? Her book is so encouraging. "No matter what the circumstances may say," she writes, "God is by your side, and He is going to see you through." (160) A summary of Things to Remember is listed at the end of each chapter to help us remember the main points. Whether you are battling stress or not, this is a good book to read.

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