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MARTHA to the MAX

Balanced Living
for Perfectionists

Debi
Stack



Martha To The Max Balanced Living For Perfectionists

Dr. Steve Stephens, Alice Gray



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Martha to the Max Debi Stack, 2000-08-01 Like the Martha of Jesus day so many women are preoccupied with being the perfect hostess wife mother worker that it leaves many of them angry frenzied and depressed In *Martha to the Max* Debi Stack uses humor to bring great relief and encouragement to today s Marthas This entertaining adventure will help readers view and use their abilities in a way that brings a smile to the face of God Debi gives plenty of practical tips on slowing down and focusing on the one thing Jesus said is needed *It's a Wonderful (Imperfect) Life* Joan C. Webb, 2009-04-01 It s a *Wonderful Imperfect Life* is a collection of daily reminders that God does not want women to live in a continually overwhelmed state Instead he wants them to live balanced lives and to enjoy their relationships with family friends and him Life coach Joan C Webb author of *The Relief of Imperfection* offers good news to readers who try too hard to make everything just right Imperfect is just right In her conversational confessional style Joan shares war stories from her own fight against perfectionism and invites readers to do battle with her Armed with humor grace and helpful coaching exercises she delivers three minutes a day that will start women on an adventure of just right relief filled imperfection *The Overwhelmed Woman's Guide to...Caring for Aging Parents* Julie-Allyson Ieron, 2008-09-01 The US Census Bureau tells us that the retired and retiring populations are in the majority Those born between 1945 and 1964 are now tasked with the care of the previous generation from choosing housing to selecting final resting place Julie Allyson Ieron through personal experience and extensive interviews and research has compiled a resource that will inform as well as delight Yes delight Although this can be an overwhelming time of life it can be managed and even enjoyed If you are the pickle in the middle of the sandwich generation this book is for you *The Overwhelmed Woman s Guide to Aging Parents* provides practical guidance on such topics as fostering independence in your parent providing a safe environment and advocating for your parent in addition to a comprehensive list of resources and Take Action points ***Kisses of Sunshine for Women*** Carol Kent, Thelma Wells, 2005-03 This devotional provides sources of hope for readers Provided by the publisher *Kisses of Sunshine for Grandmas* Gracie Malone, 2005 Five lighthearted and uplifting devotionals capture readers hearts with tales about the joys challenges and frustrations that women face in all their various roles Each devotional also includes a thought provoking quote and a relevant verse from Scripture ***Seeing through the Lies*** Vonda Skelton, 2008-02-01 We have been seduced by half truths and whole lies since time began Remember the garden In *Seeing through the Lies* author and speaker Vonda Skelton humorously addresses the disappointments women experience as they search for truth while believing a lie Each chapter opens with amusing anecdotes from real life and ends with answers and guidance straight from God s Word Exploring topics such as pride fear motherhood and the busyness of life this book offers practical steps for peeling away the layers of deceit and finding the joy of living in real truth Through honesty and humility Vonda takes women on a hilarious journey through all things female and brings them to a soul searching point of decision Readers will identify with both the

positive and negative examples of women in the Bible and will be encouraged by Scripture as well as quotes from notable men and women Each chapter ends with five steps for exposing the lie and embracing the truth of God s Word *The Worn Out Woman* Dr. Steve Stephens,Alice Gray,2009-01-21 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 You ve come a long way maybe Most days I feel overwhelmed I want to run away and start over The joy and excitement are gone There are more than 60 million worn out women in the U S today If you re among them this book will be like a retreat for your soul One short chapter at a time you ll find simple steps to bring back the joy and energy of a rich life What s more you ll finally understand and learn to manage the sources of your exhaustion perfectionism guilt unrealistic expectations and difficult people in a healthy way Story Behind the Book We have written this book because it will provide the worn out women of today s society with practical solutions to those who want to drop out because they are stressed out Although some of you will look for quick checklists wanting to jump to the just let me unclutter my life sections we know the value of uncluttering you heart first For that reason we ve included chapters for all areas of your life emotional mental social physical and spiritual Most other books focus on learning to say no simplifying your lifestyle organization and nurturing your spirit Our book is unique because it includes all of these but also covers solutions for the root causes of why women do too much *The Relief of Imperfection* Joan C. Webb,2008-01-02 Dear Lord I pray that all limitations weaknesses defects pain hurt mistakes embarrassment and imperfection in my personal and public life relationships and circumstances be eliminated This book is for any woman who has ever prayed this prayer or for the one who has even thought it Joan Webb a self proclaimed recovering perfectionist knows how hard it is for determined and caring women to step into the relief of imperfection And yet this is exactly what God wants for us The Relief of Imperfection encourages the reader to believe the truth about God others herself and her reality thus eventually releasing her from the pursuit of perfection to relax in the relief of imperfection Webb provides real life stories including how Jesus lived in the midst of imperfect surroundings to show that it is okay with God to cease trying to appear perfect and have all the right answers all the time Readers will find permission to stop pretending and start enjoying authentic intimate relationships with others with themselves and with God ***Chicken Soup for the Father & Daughter Soul*** Jack Canfield,Mark Victor Hansen,2012-09-04 Celebrating every little girl s childhood hero and the special dad and daughter bond ***Finding Your Greater Yes*** Dan Erickson,2006-05-21 Each one of us is a masterpiece created by God with unique gifts and potential for success Every life matters and Dr Erickson seeks to show readers how to discover and develop their God given purpose

finding that Greater Yes so as to make the greatest possible impact on the lives of everyone around them Included in the book are five interactive calculation tools to help discover and deploy your yes

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