



30 Days to Taming Your Stress

Deborah Smith Pegues

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Deborah Smith Pegues, bestselling author of *30 Days to Taming Your Tongue* (over 500,000 copies sold), leads readers to tame their stress and exchange it for peace in just one month's time. With insight gleaned from her experience as a certified behavioral consultant, Deborah uncovers the surprising causes of stress and reveals simple, life-changing cures, such as extending grace, mercy, and respect to others; telling the truth and striving to do the right thing; accepting yourself and being able to laugh at yourself; deleting stress-related words from your vocabulary; and reciting Scripture affirmations daily. This spiritual and practical offering will release readers from worry and will increase their sense of purpose, direction, contentment, and freedom.

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