



## Journey Into Stress-free Living: A Study of Philippians, KJV Edition

By Tommy C. Hagle

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We all regularly experience many kinds of stress. That's why we need the book of Philippians, which is all about "stress-free living." Lesson titles in this study include: Three Keys for Stress-free Living, De-stressing Your Relationships, Enjoying Life in the Midst of Adversity, Strangling the Stress of Waiting, How To Curtail Conflict, Attitudes That Annihilate Stress, Becoming a Better Person, Making and Keeping Friends, Stress-free Salvation, Making the Most of Your Life, Becoming More and More Like Jesus, Enjoying the Rest of Your Life, etc.

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# Journey Into Stress-free Living: A Study of Philippians, KJV Edition

*By Tommy C. Higle*

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