



Six Weeks to a Simpler Lifestyle

Barbara Degrote-Sorensen, David Allen Sorensen

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Do you feel overworked and overextended? Does your life feel overloaded? Are you tired of being too busy?

Six Weeks to a Simpler Lifestyle moves you gently but deliberately toward a simpler, more satisfying life.

Inside you'll find: a lifestyle survey to help you prioritize your life a daily Bible reading and reflection a simple action step for each day journaling exercises a discussion guide for group study

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