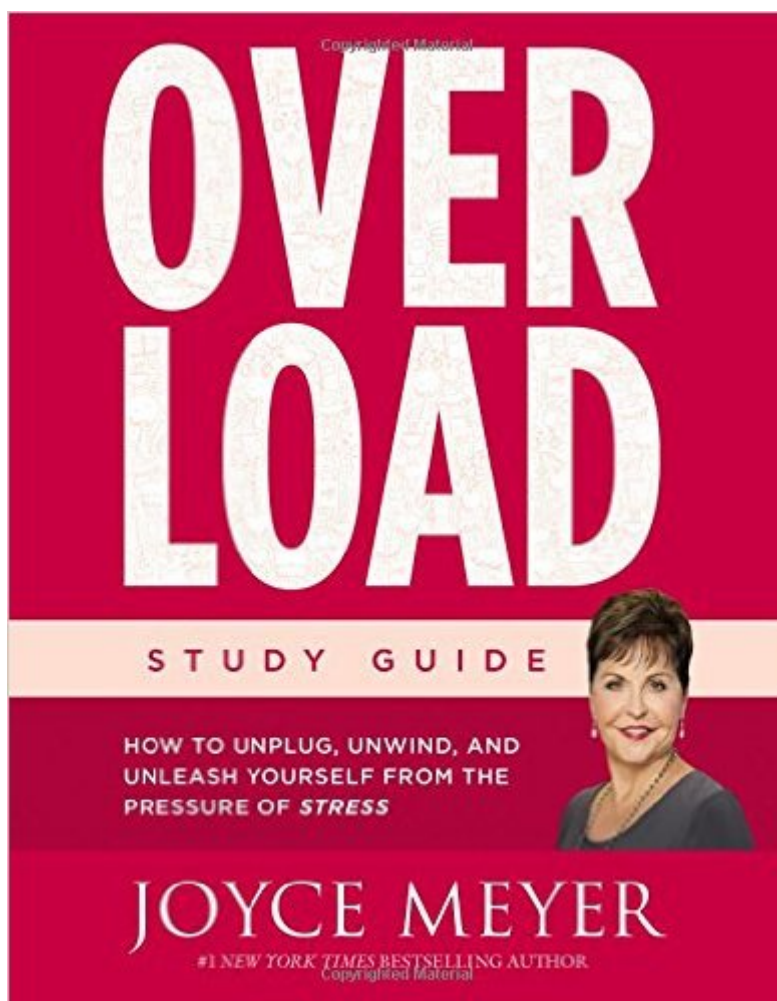


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# Overload Study Guide: How To Unplug, Unwind, And Unleash Yourself From The Pressure Of Stress



## Synopsis

An engaging study guide companion to *Overload* by Joyce Meyer, #1 New York Times bestselling author, will help readers maximize their ability to overcome stress and achieve God's best for their lives. As technology provides greater accessibility, it becomes harder to mute the background noise of life and receive God's guidance. Joyce Meyer calls this overload, when the demands of life become overwhelming. But to experience the joyful life God has planned, readers must make time to focus on His Word. The OVERLOAD STUDY GUIDE will help them use the powerful wisdom of *Overload* to invoke God's healing and the strength to rise above life's challenges. Chapter by chapter, this book explores the practical advice and Scriptural wisdom in *Overload*, and offers thought-provoking questions and exercises designed to help readers maximize what they learn and change their lives. They'll know how to unplug, free themselves from burdens, get better rest, and manage their stress. Page by page, Joyce outlines how to achieve the fulfilling life they were meant to lead.

## Book Information

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (11 customer reviews)

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## Customer Reviews

Excellent and practical workbook. You need to buy the companion textbook and a good Bible. Help you make healthier and better choices in life. Make more peace and more positive energy. You can communicate better with another person. You will have less anger and know how to channel your anger in a positive way. Less depression by learn to exercise more and scheduling me time.

Simple easy to read and practical! We all know most of it but when it is explained like this and laid out so you can actually apply it in your life, that is just what the doctor ordered (literally). I was so stressed out that reading the book on stress, stressed me out (that's bad). Little by little I started to incorporate what she teaches and now love the way I feel. I still have stress but I recognize it and it doesn't effect me like it did before. Most of the time we just pass up and skip the study guide, this is one case the study guide was great to have. Highly recommend!

Awesome book and boy, do I need it!

Valuable teaching! Learning to shut off the stuff causing stress and overload. :)

Life is now on point again definitely a must read.

Gives you a lot to think about.

Great book

awesome

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