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A Girls Guide To Chaos

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A Girl's Guide to Chaos *Samuel French, Inc.*

Taking material from Ms. Heimel's *Sex Tips for Girls*, she has created a play where Cynthia and her friends Cleo and Rita talk about the facts of life for the contemporary heterosexual woman.

A Girl's Guide to Chaos, and Other Pieces *Fireside*

A play and essays explore the problems of women who are trying to find the right man

Advanced Sex Tips for Girls

This Time It's Personal

Offers a revised collection of offbeat advice for single women in the 1990s

Exploring Chaos

A Guide to the New Science of Disorder *W. W. Norton & Company*

Chaos theory is giving scientists fresh insights into all sorts of unruly phenomena-from dripping faucets to swinging pendulums, from the vagaries of the weather to the movements of the planets, from heart rhythms to gold futures. In this collection of front-line reports, edited for the general reader, internationally recognized experts such as Ian Stewart, Robert M. May, and Benoit Mandelbrot draw on the latest research to trace the roots of chaos in modern science and mathematics.

A Girl's Guide to Missiles

Growing Up in America's Secret Desert *Penguin*

A surreal and poignant coming of age on a secretive missile facility, and "an incredible view of...life in a town built for war."--Booklist The China Lake missile range is located in a huge stretch of the Mojave Desert, about the size of the state of Delaware. It was created during the Second World War, and has always been shrouded in secrecy. But people who make missiles and other weapons are regular working people, with domestic routines and everyday dilemmas, and four of them were Karen Piper's parents, her sister, and--when she needed summer jobs--herself. Her dad designed the Sidewinder, which was ultimately used catastrophically in Vietnam. When her mom got tired of being a stay-at-home mom, she went to work on the Tomahawk. Once, when a missile nose needed to be taken offsite for final testing, her mother loaded it into the trunk of the family car, and set off down a Los Angeles freeway. Traffic was heavy, and so she stopped off at the mall, leaving the missile in the parking

lot. Piper sketches in the belief systems--from Amway's get-rich schemes to propaganda in *The Rocketeer* to evangelism, along with fears of a Lemurian takeover and Charles Manson--that governed their lives. Her memoir is also a search for the truth of the past and what really brought her parents to China Lake with two young daughters, a story that reaches back to her father's World War II flights with contraband across Europe. Finally, it recounts the crossroads moment in a young woman's life when she finally found a way out of a culture of secrets and fear, and out of the desert.

But Enough About You *Fireside*

Addressing both men and women, the author of *Sex Tips for Girls* and *A Girl's Guide to Chaos* examines all aspects of a world where co-op meetings have replaced consciousness-raising groups, and half the population has turned into music-video producers.

Sex Tips for Girls *Vintage*

An hilarious send-up of all those dreary sex manuals which tells girls what to do, where to do it and how often.

If You Can't Live Without Me, Why Aren't You Dead Yet?! *Grove Press*

Heimel has been described by the "Chicago Tribune" as "perhaps our funniest war correspondent on the war between the sexes." Her new book shows Heimel at her wicked best. Like a hip Erma Bombeck or a Dorothy Parker for today, she is an antidote to an absurd world for smart, sane women.

Stronger Than BPD

The Girl's Guide to Taking Control of Intense Emotions, Drama, and

Chaos Using DBT *New Harbinger Publications*

You are strong! No matter what anyone says, you can heal the symptoms of borderline personality disorder (BPD). In this unique guide, influential BPD advocate and blogger Debbie Corso offers an easy-to-use primer on dialectical behavior therapy (DBT), as well as powerful peer-to-peer support for managing your worst BPD symptoms. If you have BPD, you may experience extreme emotional ups and downs. These intense feelings can make navigating everyday life that much more difficult, and as a result, you may have trouble maintaining relationships, seeing yourself clearly, or reaching career goals. You should know that you are not alone, and that BPD isn't your fault. Most importantly, you need to know that you are strong. With the right tools, you can overcome the symptoms of your BPD—this book will show you how. Written by a BPD survivor and advocate, *Stronger Than BPD* offers practical, evidence-based dialectical behavior therapy (DBT) skills to help you manage the intense emotions and negative self-image that can occur with BPD. This easy-to-use guide helps you apply the fundamental components of DBT—such as mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness—to everyday situations that can trigger your symptoms. And through personal examples and real-life stories, you'll see how others have put these skills to work in their own lives to get relief. You'll even learn how social media can help you heal! BPD is a part of your life, but it doesn't have to define you. If you are ready to take control of your symptoms using powerful, evidence-based DBT skills, this friendly guide will light the way.

When Your Phone Doesn't Ring, It'll Be Me *Atlantic Monthly Press*

Presents a collection of humorous insights into relations between the sexes and offers thoughts on old-age, nature, dogs, men as gift givers, where to live, and other topics

The Smart Girl's Guide to Privacy

Practical Tips for Staying Safe Online *No Starch Press*

The whirlwind of social media, online dating, and mobile apps can make life a dream—or a nightmare. For every trustworthy website, there are countless jerks, bullies, and scam artists who want to harvest your personal information for their own purposes. But you can fight back, right now. In *The Smart Girl's Guide to Privacy*, award-winning author and investigative journalist Violet Blue shows you how women are targeted online and how to keep yourself safe. Blue's practical, user-friendly advice will teach you how to: -Delete personal content from websites -Use website and browser privacy controls effectively -Recover from and prevent identity theft -Figure out where the law protects you—and where it doesn't -Set up safe online profiles -Remove yourself from people-finder websites Even if your privacy has already been compromised, don't panic. It's not too late to take control. Let *The Smart Girl's Guide to Privacy* help you cut through the confusion and start protecting your online life.

The Bathroom Girls Guide to Christmas Chaos

The Chaos *Simon and Schuster*

Navigate between myth and chaos in this "journey filled with peril, self-

discovery, and terrifying moments" (Publishers Weekly, starred review). Sixteen-year-old Scotch struggles to fit in—at home she's the perfect daughter, at school she's provocatively sassy, and thanks to her mixed heritage, she doesn't feel she belongs with the Caribbeans, whites, or blacks. And even more troubling, lately her skin is becoming covered in a sticky black substance that can't be removed. While trying to cope with this creepiness, she goes out with her brother—and he disappears. A mysterious bubble of light just swallows him up, and Scotch has no idea how to find him. Soon, the Chaos that has claimed her brother affects the city at large, until it seems like everyone is turning into crazy creatures. Scotch needs to get to the bottom of this supernatural situation ASAP before the Chaos consumes everything she's ever known—and she knows that the black shadowy entity that's begun trailing her every move is probably not going to help. A blend of fantasy and Caribbean folklore, at its heart this tale is about identity and self acceptance—because only by acknowledging her imperfections can Scotch hope to save her brother.

The Parent Survival Guide

From Chaos to Harmony in Ten Weeks or Less *Taylor & Francis*

When parents turn to the parenting/self-help section of their local bookstore, they are looking for both practical guidance and a childrearing philosophy that resonates with them - an approach they can relate to and be comfortable implementing in their own household. In *The Parent Survival Guide: From Chaos to Harmony in Ten Weeks or Less*, Theresa Kellam presents a way to strengthen the relationship with the child

that simultaneously promotes the parent's own emotional healing and wellness. Grounded in a research-supported therapeutic technique that uses structured play time as the catalyst for interpersonal connection and growth, Kellam's model is subtle in its simplicity. Through a series of guided exercises, Kellam gives parents the skills they need to begin to set aside special playtimes with their children, during which the most important part of the process is simply "being there" in a way that promotes healing, growth, and communication. The beauty of this approach is that in only 30 minutes, once a week, the results can be seen in only a few weeks. Features of the book include: "Parent Survival Tip" at the start of each chapter Original cartoon illustrations bring text to life Short but insightful workseet questions bring focus to the program The Parent Survival Guide is structured over a series of 10 chapters, which can be read in conjunction with the 10-sessions of the CPRT workshops for those parents enrolled in a formal filial training program. But the material in the book is designed to be read and implemented by anyone. The author is not only a licensed psychologist and filial therapist, but she has also gone through the program with her own son and continues to rely on its principles within her family.

Sex Tips For Girls

Lust, Love, and Romance from the Lives of Single Women *Simon and Schuster*

Pragmatic advice on a wide range of problematic situations is featured in an irreverent look at the difficulties and delights facing the modern woman who ventures into the maze of contemporary

sexual relationships

If You Leave Me, Can I Come Too?

How to Stay Calm in Chaos

An Everyday Self-Care Guide *Msi Press*

Self-care is more important now than it has ever been. It is exactly what to turn to when you need to stay calm in chaos. This quick read goes beyond the basics of eating well, exercising, and getting quality sleep. Packed with smart self-care strategies, this book can help you get through each day of the week: - Sunday: Stay Present - Monday: Stay Motivated - Tuesday: Stay Flexible - Wednesday: Stay Realistic - Thursday: Stay Supported - Friday: Stay Connected - Saturday: Stay Resilient Whether you write it out, sweat it out, breathe it out, or let it go, these mind-body-spirit practices can help you cope with the ever-changing landscape we are living in.

Thriving on Chaos

Handbook for a Management Revolution *Harper Collins*

The national bestseller that offers prescriptions for an economic world turned upside down. A New York Times bestseller for eleven months.

Chaos to Control

A Practical Guide to Getting Things Done *Orpen Press*

Chaos to Control helps you understand how to work more productively, focus on what matters and use technology to your advantage so you can get more done in less time with less stress. Chaos to Control: Is written by personal

productivity coach Ciara Conlon, who blogs at www.ciaraconlon.com Helps you sharpen your ability to focus to help achieve your personal and professional goals Brings together theories and practical advice from the most recent and well-regarded writers on optimism and positivity as key ingredients of productivity Gives tips on decreasing physical and mental clutter Advises on how to use technology so that it is saving you time, not wasting your time, including how to use social networking sites effectively Explains why productive leaders are fundamental to organisational success Helps you to move from being overwhelmed to a calm state of control Outlines personal habits that can enhance productivity, including exercise, meditation, learning to say no. About the author Ciara Conlon is a productivity coach, author and blogger. With the smart use of technology and the introduction of simple and productive habits, she has transformed her life from disorganised chaos to an efficient workable flow. Her blog (<http://www.ciaraconlon.com>) focuses on how to increase your personal productivity and simplify your life to achieve greater happiness and success.

The Girl Guide

50 Ways to Learn to Love Your Changing Body *HarperCollins*

For every tween girl wondering about her changing body and changing brain, this funny and highly illustrated guide is the answer. Packed with advice about everything from periods to bras to body hair—PLUS tips on how to deal with crushes, new emotions, and all the chaos in between! Growing up is fun . . . but it's tough, too. There are a lot of unknowns and it can be weird and messy

for girls. Worry not! This book covers EVERYTHING girls need to know, and it's all been reviewed and fact-checked by medical consultant Dr. Radha Modgil. Learn how: To make your body your best friend (not your enemy). To get out there and do YOU (even when you don't want to move off the couch). The thoughts and feelings that make you feel alone are shared by every girl on the planet. To feel amazing through exercise, nutrition, and skin care. And so much more! Great for those who loved *The Care and Keeping of You* or *What's Happening to My Body?*

All You Need Is Less

Declutter Workbook, a Guide to Help with Clearing the Chaos, Organize & Clean Your Home

A very helpful Journal to help you in the process of decluttering, cleaning and organizing your house. Staying neat and organized is not hard if you have a schedule to follow. This declutter workbook contains valuable ideas and tips on how to organize and clean your home daily, weekly, monthly, quarterly, semi-annually and annually. Every room in the house will have its own page to write down what needs to be done. This book will also make a great gift for a friend who needs a guide to keep their house neat and clean. PERFECT gift under \$10

I See London, I See France *HarperCollins*

"This endlessly fun and hugely entertaining romp through Europe had me laughing out loud and reaching for my passport." —Jennifer E. Smith, author of *Windfall* A POPSUGAR Best Young Adult Novel of 2017! Nineteen-year-old Sydney has the perfect summer mapped

out. She's spending the next four and a half weeks travelling through Europe with her childhood best friend Leela. Their plans include Eiffel Tower selfies, eating cocco gelato, and making out with très hot strangers. Her plans do not include Leela's cheating ex-boyfriend showing up on the flight to London, falling for the cheating ex-boyfriend's très hot friend, monitoring her mother's spiraling mental health via texts, or feeling like the rope in a friendship tug of war. In this hilarious and unforgettable adventure, New York Times bestselling author Sarah Mlynowski tells the story of a girl learning to navigate secret romances, thorny relationships, and the London Tube. As Sydney zigzags through Amsterdam, Switzerland, Italy, and France, she must learn when to hold on, when to keep moving, and when to jump into the Riviera...wearing only her polka dot underpants.

Get Your Tongue Out of My Mouth, I'm Kissing You Good-bye

A Good Girl's Guide to Murder
Delacorte Press

THE NEW YORK TIMES BESTSELLING SERIES WITH OVER ONE MILLION COPIES SOLD • Everyone is talking about this addictive must-read mystery with shades of *Serial* and *Making a Murderer* about an investigation turned obsession, full of twists and turns and with an ending you'll never expect. Everyone in Fairview knows the story. Pretty and popular high school senior Andie Bell was murdered by her boyfriend, Sal Singh, who then killed himself. It was all anyone could talk about. And five years later, Pip sees how the tragedy still haunts her town. But she can't shake the feeling that there was more to what happened that day. She knew Sal when

she was a child, and he was always so kind to her. How could he possibly have been a killer? Now a senior herself, Pip decides to reexamine the closed case for her final project, at first just to cast doubt on the original investigation. But soon she discovers a trail of dark secrets that might actually prove Sal innocent . . . and the line between past and present begins to blur. Someone in Fairview doesn't want Pip digging around for answers, and now her own life might be in danger. And don't miss the sequel, *Good Girl, Bad Blood!* "The perfect nail-biting mystery." --Natasha Preston, #1 New York Times bestselling author

12 Rules for Life

An Antidote to Chaos *Ballantine Books*

"What does everyone in the modern world need to know? [The author's] answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. [The author discusses] discussing discipline, freedom, adventure and responsibility, distilling the world's wisdom into 12 practical and profound rules for life"--

Navigate Chaos

A 5-Step Guide to Balance Work, Family, and Other Life Priorities
Ceek LLC

Are you consumed by the chaos of life? Do your professed priorities often fall prey to the daily demands at work and at home? Do you lack balance or struggle to even understand what such a concept might be? Within this book, Steve Wiley shares his personal journey and proven approach to "navigate chaos" in pursuit of healthy life balance.

In doing so, he dismisses the notion that professional success and personal fulfillment are mutually exclusive. Rather, he demonstrates that intentional efforts to manage the tension of life balance will enhance productivity at work and fulfillment in life. Through personal stories, relevant research, and practical guidance, *Navigate Chaos* conveys a simple, yet effective 5-step process to balance work, family, and other life priorities. Via the intentional pursuit of healthy life balance, you will discover a new-found PEACE that frees you from fear, anxiety, and stress. It's now time to take back control of your life. *CEEK a Better Way!*

The Girl's Guide to Starting Your Own Business (Revised Edition)

Candid Advice, Frank Talk, and True Stories for the Successful Entrepreneur *Harper Collins*

Geared toward the unique challenges faced by self-employed businesswomen—and updated for the social media-driven, post-financial crisis world—*The Girl's Guide to Starting Your Own Business* offers solutions and advice for handling a range of issues, including how to write a business plan, how to secure funding, and how to hire (and fire) employees. Caitlin Friedman and Kimberly Yorio share practical information drawn from their own extensive experience in the public relations, marketing, and consulting fields. Their concise and engaging advice is explained through entertaining tips, lists, and quizzes that speak directly to women who are dreaming of starting, or have already started, their own businesses.

A Geek Girl's Guide to Murder *Carina*

Press

Geek girl Mia Connors has to find her missing friend, solve a murder and clear her name. Read the first book in Julie Anne Lindsey's addictive new mystery series! IT manager Mia Connors is up to her tortoiseshell glasses in technical drama when a glitch in the Horseshoe Falls email system disrupts security and sends errant messages to residents of the gated community. The snafu's timing couldn't be worse—Renaissance Faire season is in full swing and Mia's family's business relies on her presence. Mia doesn't have time to hunt down a computer hacker. Her best friend has disappeared, and she finds another of her friends murdered—in her office. When the hunky new head of Horseshoe Falls security identifies Mia as the prime suspect, her anxiety level registers on the Richter scale. Eager to clear her name, Mia moves into action to locate her missing buddy and find out who killed their friend. But her quick tongue gets her into trouble with more than the new head of security. When Mia begins receiving threats, the killer makes it clear that he's closer than she'd ever imagined. 75,000 words

Kick Author Overwhelm to the Curb

A SPA Girls Guide to Calming the Chaos

Get Your Tongue Out of My Mouth, I'm Kissing You Good-Bye! *Picador*

Collection of humorous articles originally published in *TPlayboy*, *The Village Voice* and *The Independent*. Topics include feminism, family life, shopping, the battle of the sexes, and other aspects of life in America. The Los Angeles author's other books include *TSex Tips for Girls* and *TIf You Can't Live*

Without Me, Why Aren't You Dead Yet?'. Published simultaneously with the The Atlantic Monthly Press edition in the United States.

Chaos 2 Calm

The Moms-of-Multiples' Guide to an Organized Family *Sorted Out Pub*

Learn organizational techniques for preparing your marriage, your home, your life and your family for your new twins, triplets or quadruplets. Chaos 2 Calm is THE ESSENTIAL GUIDE for all moms of multiples-to-be to prepare for and manage the important and daunting task of raising multiple babies. You will refer to this guide again and again. Use this book and CD to discover how easy it is to.

Lord of Chaos

Book Six of 'The Wheel of Time' Tor Books

The Wheel of Time ® is a PBS Great American Read Selection! Now in development for TV! Since its debut in 1990, The Wheel of Time® by Robert Jordan has captivated millions of readers around the globe with its scope, originality, and compelling characters. The Wheel of Time turns and Ages come and go, leaving memories that become legend. Legend fades to myth, and even myth is long forgotten when the Age that gave it birth returns again. In the Third Age, an Age of Prophecy, the World and Time themselves hang in the balance. What was, what will be, and what is, may yet fall under the Shadow. On the slopes of Shayol Ghul, the Myrddraal swords are forged, and the sky is not the sky of this world; In Salidar the White Tower in exile prepares an embassy to Caemlyn, where Rand Al'Thor, the Dragon Reborn, holds

the throne--and where an unexpected visitor may change the world.... In Emond's Field, Perrin Goldeneyes, Lord of the Two Rivers, feels the pull of ta'veren to ta'veren and prepares to march... Morgase of Caemlyn finds a most unexpected, and quite unwelcome, ally....And south lies Illian, where Sammael holds sway... TV series update: "Sony will produce along with Red Eagle Entertainment and Radar Pictures. Rafe Judkins is attached to write and executive produce. Judkins previously worked on shows such as ABC's "Agents of SHIELD," the Netflix series "Hemlock Grove," and the NBC series "Chuck." Red Eagle partners Rick Selvage and Larry Mondragon will executive produce along with Radar's Ted Field and Mike Weber. Darren Lemke will also executive produce, with Jordan's widow Harriet McDougal serving as consulting producer." —Variety The Wheel of Time® New Spring: The Novel #1 The Eye of the World #2 The Great Hunt #3 The Dragon Reborn #4 The Shadow Rising #5 The Fires of Heaven #6 Lord of Chaos #7 A Crown of Swords #8 The Path of Daggers #9 Winter's Heart #10 Crossroads of Twilight #11 Knife of Dreams By Robert Jordan and Brandon Sanderson #12 The Gathering Storm #13 Towers of Midnight #14 A Memory of Light By Robert Jordan Warrior of the Altaii By Robert Jordan and Teresa Patterson The World of Robert Jordan's The Wheel of Time By Robert Jordan, Harriet McDougal, Alan Romanczuk, and Maria Simons The Wheel of Time Companion By Robert Jordan and Amy Romanczuk Patterns of the Wheel: Coloring Art Based on Robert Jordan's The Wheel of Time At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

The Recovering Sorority Girls' Guide to a Year's Worth of Perfect Parties

Andrews McMeel Publishing

Remember the last good party you attended? No, not the office mixer where the chips were served from the bag, you had to mix your own drink, and the conversational topic was the latest child-rearing theory. No, the last good party you attended, the one where there was a theme with real food and yummy drinks and decorations to match and people actually talked to you. That's the kind of party we are talking about. And sadly, that's the kind of party that is harder and harder to find-until now. Now sorority sisters Kristina "Morgan" Rose and Deandra "Brooksie" Brooks are here with step-by-step party plans, including themes and concepts, decoration designs, menus and recipes, signature cocktails, and tips to make your event the party that everyone's talking about. With "A Word About" specific issues such as how much alcohol to buy per guest, and humorous quizzes, rants, and Top Ten lists, the only thing more fun than this book is the party you'll be inspired to throw because of it.

Spy

Smart. Funny. Fearless. "It's pretty safe to say that Spy was the most influential magazine of the 1980s. It might have remade New York's cultural landscape; it definitely changed the whole tone of magazine journalism. It was cruel, brilliant, beautifully written and perfectly designed, and feared by all. There's no magazine I know of that's so continually referenced, held up as a benchmark, and whose demise is so lamented" --Dave Eggers. "It's a piece of garbage" --Donald Trump.

The Black Girl's Guide to Healing

Emotional Wounds

Healing the Wounded Black Girl Inside of All Black Women *Nvision Solutions*

"I wish my father had been present in my life, so I would not have accepted a lot of crap from men." "Growing up, I didn't feel loved by my mother which caused..." "It is hard to find and maintain a solid group of trustworthy girlfriends to do life with." "I was devastated by a previous lover and that hurt changed me for the worse." "I often don't feel loved." "I'm not happy with how my life turned out." If you have ever said any of the above, then this book is for you! This means there may be emotional wounds that are stopping you from living your best life. Disappointments, rejection, competition, overthinking, and family secrets are some of the emotional wounds that cause inner chaos and damage our sense of self. As black girls, we suffer differently, and our history is complex. Nijama Smalls is all too familiar with the suffering of black girls and shares her personal journey of uncovering the origin of Black girl trauma while also addressing the ongoing process of healing and recovery from wounds caused by past hurts. The beauty of this book is that it provides a prescription for healing in the form of a soul-cleansing process. Enter this journey so that you can be set free to live the life God has planned for you. Sis, it's time to heal and end the suffering.

Obituaries in the Performing Arts, 2018 *McFarland*

The entertainment world lost many notable talents in 2018, including movie icon Burt Reynolds, "Queen of Soul" Aretha Franklin, celebrity chef and food

critic Anthony Bourdain, bestselling novelist Anita Shreve and influential Chicago blues artist Otis Rush. Obituaries of actors, filmmakers, musicians, producers, dancers, composers, writers, animals and others associated with the performing arts who died in 2018 are included. Date, place and cause of death are provided for each, along with a career recap and a photograph. Filmographies are given for film and television performers. Books in this annual series are available dating to 1994—a subscription is available for future volumes.

From Chaos Comes Order

Book One: Chaos

Surviving in a school of magic and murder is not easy! Jacob Titus is a forgotten boy from Eslor Island. With an absent father and a mother who battles Alzheimer's disease, Jacob has long learned to care for himself. When he is discovered by a magical talent hunter, Jacob makes the difficult choice to leave his home and enter the Valcrest School for the Promised. As his school years go by, Jacob has to spend as much time trying to stay alive as he does finding a cure for his mother. As violence and blood lust at the school escalate, Jacob must learn to figure out who he can trust. All he wanted was to save his mother. Now he must save himself.

Give a Girl Chaos

Give a Girl Chaos (see what she can do) is a survival guide for challenging times,

written in the language we crave now--poetry. Heidi Seaborn's stunning debut collection is a lyric guide to harnessing chaos--from a world swirling in terrorism, war, natural disaster to the chaos of heart, home, body and family. Through poems that ache with beauty and violence, Give a Girl Chaos (see what she can do) reveals that by controlling chaos, we can achieve resilience, power and ultimately joy.

New York Magazine

New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

The Organized Heart: A Woman's Guide to Conquering Chaos

Cruciform Press

Jesus taught that true change doesn't come by adding more rules, but from the inside out, with a change of the heart that only the gospel can bring. When you identify the heart problems behind the chaos in your life, lasting change can happen. This will reduce the stress in your life and help you be more effective in your service to God.