



Managing Your Moods (Women of Faith Study Guide Series)

Thomas Nelson

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Filling the needs of today's women, we offer the next 4 titles in the best-selling Women of Faith series.

These topical guides deal with issues that women wrestle with today, such as friendship, encouragement, managing moods, finding contentment, and how to live out your faith.

Reaching an audience across racial, socio-economic, denominational, and age boundaries, these guides will enhance the lives of women as they empower them in their weekly devotions. The study guides can be used for both individual and group settings.

Women are asking good questions about their faith. With our study guides, we want to join them in their quest for knowledge and lead them in finding the answers they are seeking.

The Study Guide Series will include the following:

- #5 Managing Your Moods - Foreword by Marilyn Meberg
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- #6 Cultivating Contentment - Foreword by Luci Swindoll
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- #7 Encouraging One Another - Foreword by Nicole Johnson
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