

Clear Mind, Peaceful Heart

50 Devotions For Sleeping Well in a World of Worry

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*50 Devotions for Sleeping Well in a World
Full of Worry*
by Lysa TerKeurst
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Written by New York Times bestselling author **Lysa TerKeurst** and her friends at **Proverbs 31 Ministries**, readers will be equipped to:

- Quiet fearful and anxious thoughts that always seem to be the loudest before bedtime by incorporating the Bible into your nightly routine
- Find relief from the stress of daily obligations and pressures through 50 encouraging devotions and guided prayers written by women like you
- Release the heaviness you feel about hard situations in your life so you can wake up refreshed and walk into the next day with courage

Jana Muntsinger | 832.247.9308
jana@mmpublicrelations.com



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