



Finding Peace Workbook: God's Promise of a Life Free from Regret, Anxiety, and Fear

Dr. Charles F. Stanley

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In times of crisis and confusion, Dr. Charles Stanley has learned the one phrase that can carry him through: "God, You are in control." The peace he has experienced in life stems from that foundational belief. In the *Finding Peace Workbook*, Dr. Stanley shares with readers how they, too, can experience an unshakeable peace which "passes all understanding."

Filled with encouragement to lift the soul, the *Finding Peace Workbook* offers biblical insight on what causes us to live without God's peace in our lives, and how we can reverse course and open our hearts to receive it. Also, Stanley gives his perspective on the things that hinder peace-including the "Four Great Hallmarks of God's Peace" and "Five Essential Beliefs for a Peaceful Heart"-to put the important message of this book into concrete terms. Addressing regret, anxiety, and fear, Dr. Stanley extends hope for overcoming the obstacles that block peace with the Lord. Finally, he gives direction on learning to live a life of contentment.

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