Resource List: Stress

The resources listed below align with Focus on the Family’s philosophy and mission. We trust you will find them helpful. If you would like to obtain any of these items, call us toll free at 1-800-A-FAMILY, or visit our online store at store.focusonthefamily.com. (The information is regularly updated, but there is still the possibility that an item originally available from Focus on the Family might now be unavailable.) You may also be interested in the content posted on our website at www.focusonthefamily.com.

After the Boxes Are Unpacked by Susan Miller (2016) • 9781624056468 •
Miller offers practical advice for women who are facing a move. She addresses the physical and emotional aspects of moving, and she shares tips for helping your family adjust.

Sanity Secrets for Stressed-Out Women by Sue Augustine (2009) • 9780736924177 •
With biblical principles as a foundation, learn to recognize the signs of approaching burnout and break the stress cycle, finding a healthier balance of body, mind, and spirit.

She’s Gonna Blow! by Julie Ann Barnhill (2005) • 9780736915526 •
You’ve overreacted with your kids, mismanaged your anger, and feel embarrassed and guilty—but you’re not alone. With honesty and humor, Barnhill points you to the amazing grace of God to repair and redeem irritable hearts.

Simple Life: Time, Relationships, Money, God by Thom and Art Rainer (2009) • 9780805448863 •
Spend 30 days charting a new path from joyless to joyful. Examine attitudes toward time, relationships, money, and God to foster a life that’s less busy—and rediscover true spiritual riches.

Stopping Stress Before It Stops You: A Game Plan for Every Mom by Dr. Kevin Leman (2011) • 9780800733988 •
Whether busy schedules, carpools, relationship challenges, financial burdens, or career concerns, we all have stress in our lives. Leman shares how it’s possible to enjoy a more peaceful life by making stress work for you instead of against you.

Stress and Your Child by Dr. Archibald D. Hart (2005) • 9780849945472 •
Kids live with intense pressure, overstimulation, and competition—overtaxing the ability of little minds and bodies to cope. “Stressproof” your kids by learning healthy stress management skills that can improve their lives today and protect their futures.

Thrilled to Death by Dr. Archibald D. Hart (2007) • 9780849918520 •
The relentless pursuit of pleasure through stimulating activities—including leisure and worship—is creating a culture and church where peace is increasingly elusive. Hart explains why this addiction to finding the next thrill is actually keeping us from the pleasure we seek, and he offers a seven-step recovery process.

Unglued: Making Wise Choices in the Midst of Raw Emotions by Lysa TerKeurst (2012) • 9780310332794 •
What do you do when, as TerKeurst puts it, people “bump into your happy”? Explode, stuff it down—or somewhere in the middle? With humor, honesty, and biblical wisdom, TerKeurst helps you learn how to better handle tough emotions.

Understanding and Coping With Trauma • Focus on the Family online booklet
Trauma can affect all of us, resulting in emotional distress and shock that can overwhelm our abilities to cope—potentially leading to Post Traumatic Stress Disorder. Learn the symptoms of trauma and how to find help toward healing.

Where Is God? by Dr. John Townsend (2012) • 9780310332794 •
Why does God allow us to experience difficulties—and how is He active during our hard times? Townsend observes that it’s the “unfixability” of our problems and our own inability to solve them that keeps us seeking God. Here he shares powerful stories and practical applications to assure us of God’s transforming presence in our daily lives.
Handling Your Emotions (Lysa TerKeurst) ● 9781624712555 ●  
Sharing thoughts from her book *Unglued: Making Wise Choices in the Midst of Raw Emotions*, TerKeurst talks about how to appropriately handle conflict and maintain a sense of calm and peace when circumstances are out of your control.

The Impact of PTSD on Military Families (General Bob Dees, Major Robert Nuttall, Mrs. Amy Nuttall, Dr. LuAnn Callaway) ● 9781624718168 ●  
Many military families struggle with the aftereffects of war as men and women return home with physical wounds and psychological pain. A panel discusses their experiences with Post Traumatic Stress Disorder and encourages listeners to seek help for their own families.

Living With the End in Mind (Dr. Richard Swenson) ● 9781624717307 ●  
Swenson offers practical tips for finding rest and contentment in a world that emphasizes busyness and materialism—because all that really matters at the end of our lives is the love of family and friends, and our love for Jesus.

Restoring Balance to Your Life (Dr. Richard Swenson) ● 9781624717550 ●  
More than one-third of Americans describe themselves as feeling constantly rushed. Swenson describes how our society has increased in speed, complexity, and stress, and he offers advice on fighting overload and achieving healthy balance in life.

Revitalizing Your Family Through Sleep (Dr. Archibald Hart) ● 9781624714931 ●  
Hart reminds us of the importance of sleep for adults and children alike, and he outlines its impact on our physical, emotional and spiritual lives. He also offers practical relaxation techniques and describes how individuals with busy lifestyles can still maintain a healthy balance.

Slow Down and Enjoy Life (Pastor John Ortberg) ● 9781624717062 ●  
Ortberg addresses the hectic pace of life, which results in what he calls “hurry sickness.” He urges listeners to find contentment in what they have and to face the reality of death by making spiritual growth their priority.

Stress Relief for Busy Moms (Dr. Kevin Leman) ● 9781624712470 ●  
Leman discusses the top six stressors for women—kids, lack of time, husbands, money, housework, and careers. Learn the importance of discipline, prioritization, how to work as a team with your spouse—and say “no” when you need to!

Taking the Stress Out of the Holidays (Mary Hunt, Kathi Lipp, Dr. Henry Cloud, Phil Vischer, Dr. Leslie Parrott, Nancy Guthrie) ● 9781624712067 ●  
Guests share advice on managing the most common stress factors of the Christmas season, including financial concerns, dealing with a big meal, boundaries with in-laws, handling grief—and how to keep Christ as the focal point.

Focus on the Family Webpage: Life Challenges—Stress  
- focusonthefamily.com/lifechallenges/emotional_health/stress  
  This series of articles offers insights about the causes of stress for teens and adults, and how to handle these pressures while keeping faith strong.

Focus on the Family Q&As  
- Browse our Q&As for advice and encouragement.

Focus on the Family Resource Lists  
- family.custhelp.com/app/answers/detail/a_id/26500  
  Find recommended resources and referrals listed by topic.
**Cloud-Townsend Resources**  
18092 Sky Park South, Suite A  
Irvine, CA  92614  
800/676-4673  
cloudtownsend.com  
- Drs. Henry Cloud and John Townsend offer insight and solutions for life’s challenges.

**Flourish** (Dr. Catherine Hart Weber)  
P.O. Box 905  
Sierra Madre, CA  91025  
626/532-2408  
howtoflourish.com  
- This site offers resources that emphasize mental, emotional, physical and relational health in the context of practical, biblical wisdom.