



"Life Is No Picnic!": Stress Survival Skills for the Family

Dr. Charles Lowery

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Video (2 VHS), Study Guide, and Master Sheets for Student Pages (permission to copy for your group) on handling stress in the family. Features the comedy of "The Other Side". Includes 12 lessons on battling stress, slowing life down, practicing contentment, accepting yourself as God created you and 8 other wonderful lessons.

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