



# **Sacred Stress: A Radically Different Approach to Using Life's Challenges for Positive Change**

*George R. Faller MS LMFT, The Rev. Dr. Heather Wright*

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**Stress is a part of modern life?here's a tool that shows how to use it to grow spiritually, emotionally and psychologically.**

Stress takes life and gives life. It is an inescapable part of our existence. The key to successful living is managing stress effectively and efficiently. Rather than let stress shut us down, we need to approach it as an opportunity to deepen self-awareness, form richer relationships and find spiritual vitality.

Drawing on their professional and personal experiences as well as insights from psychology, neuroscience, theology and spirituality, George R. Faller, MS, LMFT, and Rev. Heather Wright help us understand and navigate stress in our lives with more authenticity. With up-to-date analysis, real-life examples and spiritual practices, they explore the effects and benefits of stress and ways to honor its symptoms. They show us that rather than be trapped in the limited perspective of distress, we can use stress as a catalyst for transformation in all areas of life, including in marriage, relationships, parenting, sex, work, money and health.

This life-giving resource is for anyone who wants to transform stress from a negative symptom to a potentially positive force for change.

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