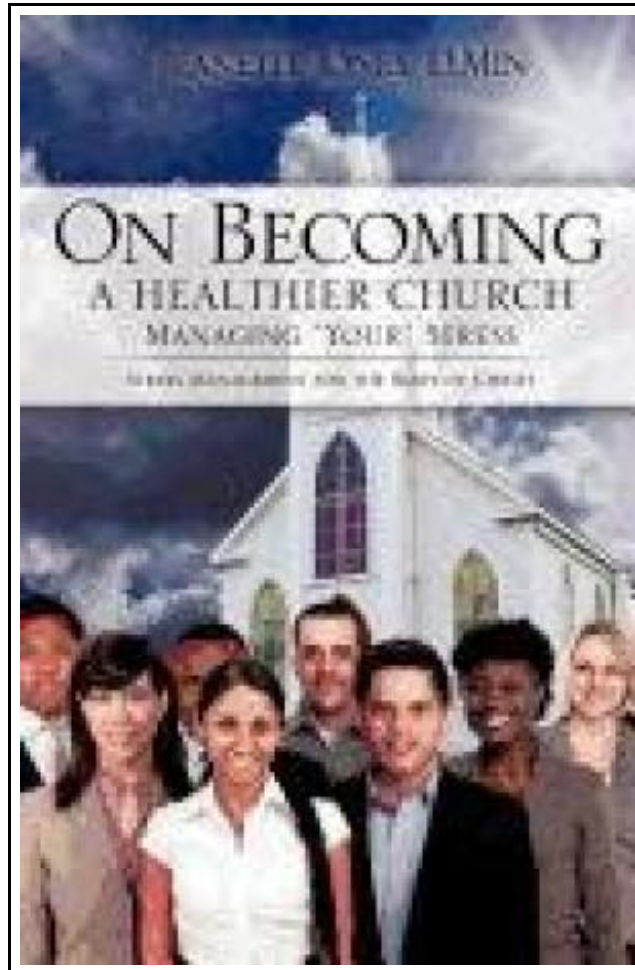


## On Becoming a Healthier Church: Managing Your Stress



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## ON BECOMING A HEALTHIER CHURCH: MANAGING YOUR STRESS



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Xulon Press, United States, 2011. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is to raise awareness, empower, motivate, and encourage each member of the body of Christ to assess and to take responsibility for his or her stress, thus this will bring about a healthier church. This book will equip the body of Christ with the information to recognize the various stressors, manage their own stress, and then help others to cope and manage their stress. The congregation will be able to identify stressful situations and become knowledgeable about what really constitutes a healthier church, and ways to minimize stress within the body of Christ, the church. Dr. Jones was born in Norfolk, Virginia and raised in Raeford, North Carolina. She is a graduate of Hoke County High School. She received degrees in Childcare Worker, Associate degree in Pre-social Work, Sandhills Community College, Bachelors degree in Psychology, St. Andrews Presbyterian College, Master degree in Christian Counseling, and a Doctoral degree in Ministry International Seminary. She is a Board Certified Clinical Chaplain, and a Board Certified Clinical Pastoral Counselor. She is a trained clinical professional, having completed 1600 hours of Clinical Pastoral Education in 2006 at the First Health Moore Regional Hospital. Dr. Jones specializes in professional growth seminars and workshops with an emphasis on Stress Management and Grief and Loss. Dr. Jones is officially endorsed as a health care chaplain by the office of the AME Zion Church of which she is an ordained minister. She is committed to helping people through the most challenging times in their lives. Dr. Jones facilitates on the following topic areas: Stress Management, Grief and Loss, Care Giving, Financial Distress and Depression.



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