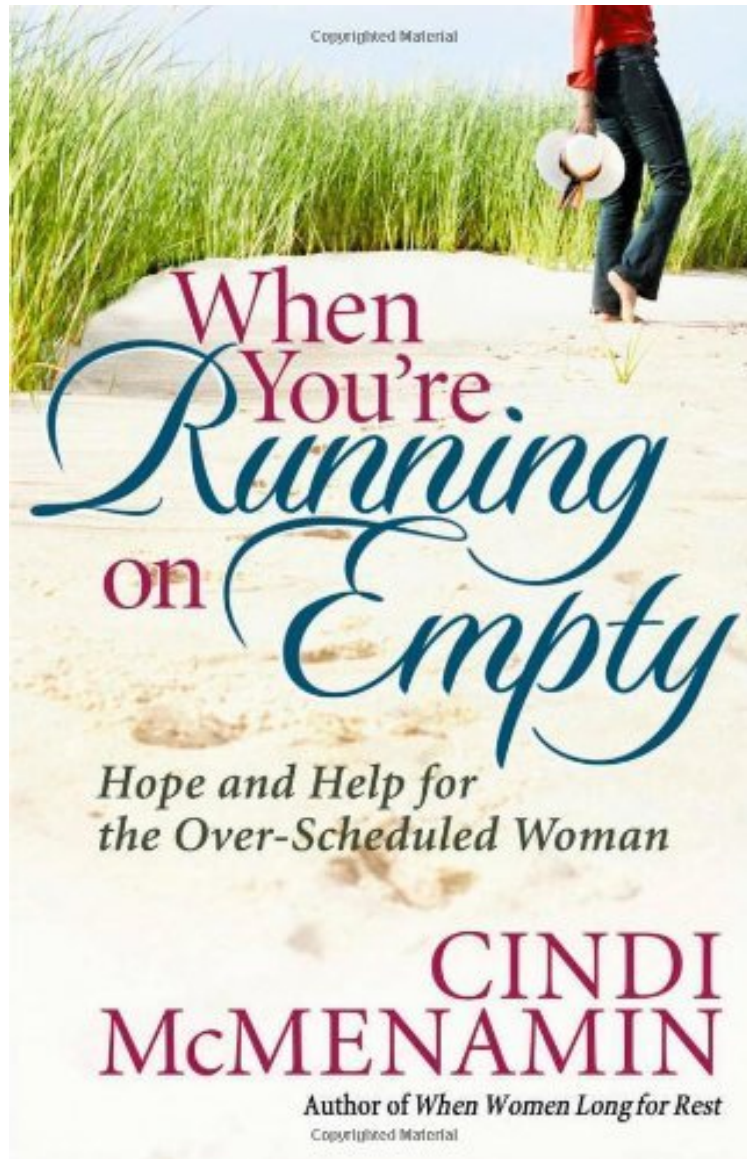


[Download] When You're Running on Empty: Hope and Help for the Over-Scheduled Woman

When You're Running on Empty: Hope and Help for the Over-Scheduled Woman

Cindi McMenamin

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Cindi McMenamin : When You're Running on Empty: Hope and Help for the Over-Scheduled Woman before purchasing it in order to gauge whether or not it would be worth my time, and all praised *When You're Running on Empty: Hope and Help for the Over-Scheduled Woman*:

0 of 0 people found the following review helpful. From Empty to Full By Connie Boyd I received this book as a gift at just the right time. I used it as a devotional, reading it each morning and ending with the 'Pick Me Up Prayer'. It was an

encouragement and a great word from the Lord. I enjoyed having each day's reading to chew on throughout the day and looked forward to the next. As always, Cindi writes based on scripture so what you're reading in her books is all based on truth. You know you can trust the advice that you receive on each page. By the end of the book, I was filled with hope and no longer feeling overwhelmed. 0 of 0 people found the following review helpful. Five Stars By Kay. Griggsgood book for Type A 0 of 0 people found the following review helpful. Excellent By Paula M Excellent Book

Many Christian women give of themselves relentlessly. In the midst of their many responsibilities they get tired, yet there's simply no time to stop and become refreshed. What can a woman do when she's running on empty? Cindi McMenemy shares how women can renew their energy and passion and press on. She touches upon every area of a woman's life, offering practical advice on knowing when to say no serving to please God and not people maintaining good health habits that recharge one's energy simplifying one's priorities taking time to rest and play Every chapter concludes with a "Pick-Me-Up Prayer" designed to help women do all things in the Lord's power and not their own.

"As always, sitting down to read one of Cindi's books, is like having a cup of coffee with a dear friend. Her heart pours out through the pages, just as if she were sitting right there across the kitchen table! Her essential, yet touching message is so practical and easy to connect with--she is one of the few Christian authors I have complete confidence in sharing with my non-believing friends. That she can relay God's message in a way that not only touches the heart of the strongest believer, but can also draw in the heart of the lost, speaks of her gift and versatility. Truly, there is not a woman out there who cannot relate to *When You're Running on Empty*." --Cheryl M. Anderson, Director of Women's Ministry, Morrill Baptist Church