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Christian Paths to Health and Wellness An Investigation of Sources of Stress Among Chief Administrative Officers in Christian Schools
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Messianism Among Jews and Christians Stress: Concepts, Cognition, Emotion, and Behavior Christian Theology and African Traditions
Fifty Key Christian Thinkers Christian Friendship in the Fourth Century Meditation as an Intervention in Stress Reactivity
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ABOUT THE BOOK: This book includes practical tools for handling stress based on solid biblical principles. Christian families experience stress just like any other family. They go through crises and conflicts, sin and sickness, fear and failure. Children and teens wrestle with pressures their parents never imagined. Loving families sometimes fight. Faithful people still

struggle with finances. Yes, being Christian does not exempt anyone from the stressors of regular life. At work, in school, and around the community, believing families struggle with many issues that add stress to their lives. This book speaks to parents, teens, and children. It can help adults in the workplace and kids in schools. Within these pages are solutions for resolving conflict, dealing with bullies, managing time and money, and building sound relationships. You will learn how to develop spiritual, physical, emotional, mental, and behavioral skills to manage life's stress effectively. No one can escape all the sources of stress, but you can discover God's guidance in achieving peace in the midst of turmoil.-----ABOUT THE AUTHOR: Dr. Jere Phillips has over forty years of experience in ministry, including service as a pastor, denominational leader, writer, and seminary professor. He has served at Mid-America Baptist Theological Seminary since 2001. Phillips earned his MDiv and PhD degrees from New Orleans Baptist Theological Seminary. Dr. Phillips also has written *The Missionary Family: Managing Stress Effectively* and *Pastoral Ministry for the Next Generation*. Jere and his wife, Glenda, have two married daughters and seven grandchildren. It would be nice to think Christian faith was the ticket to the easy life - but that doesn't match our experience of life, and it isn't biblical. Even Jesus suffered the effects of stress! This book is designed to help you develop skills and strategies for coping with life's challenges. Amongst self-help books, *Wholly Coping* stand out from the crowd because it combines the results of decades of clinical research with a deep understanding of the Bible. *Wholly Coping* will help you learn practical strategies for moving towards Christian Wholeness. *Community Mental Health Engagement with Racially Diverse Populations* summarizes research on reducing mental health disparities in underserved populations through community engagement programs. It discusses the efficacy of such programs with specific populations of people of color and cultures, for specific disorders, and via specific communities. It identifies how and why community engagement works with these populations, how best to set up new community programs, the steps and stakeholders to success, and includes case studies showing successes and the challenges involved. Identifies how and why these programs achieve success through patient engagement Explores efficacy with specific ethnicities and cultures Discusses efficacy of programs through schools, churches, non-profits, and more Includes case studies with their successes and challenges Provides guidelines on the development and implementation of community programs *Managing Stress in Music Education* presents research, theory, possible pitfalls, and strategies for music teachers looking to navigate the challenging climate of potential stressors. Covering a wide range of topics such as sleep, physical movement, nutrition, happiness, gratitude, and mindfulness, this book offers music educators the tools to thrive in a work environment that can often lead to stress and burnout. Readers will examine vignettes of challenged and successful music teachers, and consider new techniques and classic reminders for a healthy enjoyment of work and life. Grounded in research and written in an accessible and concise manner, *Managing Stress in Music Education* is an excellent addition to any music teacher's bookshelf. Listening to people over the years, author *A Word to Encourage* has heard a lot of emotions that were nonproductive—comments that are based on high stress levels. In her book, *Stress'in*, she offers healthier suggestions for the anxious, the worried, and the “stressed out” to minimize their stress and grow their faith in God. The period 2008-2011 will be the most challenging time for most people in their lifetime. With

this editorial workbook that walks through God's word, the author hopes to encourage Christians to recommit themselves to God, who will always be faithful to them. Just having hope in Jesus Christ is already one way of decreasing stress. Jesus can bring you out of these hard times and make them stronger and healthier persons. Whether one is a Christian or not, the suggestions that the author makes are applicable to all since they are healthier ways of living and thinking that anyone can follow, to minimize stress while increasing faith in Christ. Stress'in will equip those who are experiencing stressful challenges with recommendations on how they can decrease their stress, worry, and anxiety. A pioneering exploration of the origins of German Christian Democracy in the context of 19th- and 20th-century politics and religion Are you feeling stressed, Christian? What exactly is stress? Where does it come from, and how does it really affect us? More importantly, what does God have to say about stress? Isn't stress like the impartial rain, falling on both the just and the unjust? How would a Christian handle stress differently from anyone else? There is good news! God promises to give His children special help when it comes to dealing with stress. Are we taking full advantage of the gifts He has given us? Are we living out the peace, joy and victory that is available to us? Find out how in this full length Christian self-help book, with workbook-style activity pages after every chapter. Perfect for both personal use and small group study. Friendship was a quality valued highly in ancient Greece and Rome, and was also regarded as highly significant in nascent Christianity. Carolinne White's aim in this study is to describe and compare the ideas about friendship developed by the Christians, whose culture was in many ways dependent upon its pagan background, and thus to develop a coherent picture of how the concept of friendship was understood in the fourth century. The Christian writers discussed are considered against the background of their personal lives and their relations with one another. All of the writers considered had a profound influence on later ages as well as on their own period, which means that the survey provided should be of wide interest both to ancient historians and theologians. Fifty Key Christian Thinkers provides both valuable information and stimulating debate on the lives and work of fifty of the most important Christian theologians. This guide provides an overview of Christian theology from the emergence of the faith 2000 years ago to the present day. Among the figures profiled in this accessible guide are: * St Paul * Barth * Aquinas * Boethius * Niebuhr * Calvin * Luther * Feuerbach * Kierkegaard * Origen Churches thrive on communication; they are stifled by conflict. Renowned Christian educator Kenneth O. Gangel joins his colleague Samuel L. Canine to bring good news to the church - communication skills can be learned and conflict can be managed. The church need no longer hide conflict nor excuse itself for poor communication, but can instead acknowledge where it has problems and seek transformation. The authors offer scriptural strategies for overcoming conflict and for building trust in relationships - even relationships among deacons or between deacons and pastors. Drawing from recent studies in the social sciences, Gangel and Canine show the church how to manage strife and foster dialogue so that the church can flourish. Chapter titles include Learning To Listen, Power in Conflict Management, Negotiation and Bargaining in Conflict Management, Organizational Causes of Conflict, Coalitions in Conflict Management, Managing Conflict Destructively or Constructively, Stress: Cause And Cure, and The Workaholic Syndrome. This book is a valuable resource for training church leaders. It is also an important resource for those who are already

pastors, for whom the issues are daily realities and not just academic theory. Through its use in churches and seminaries, the book is designed to lead God's church through its conflicts to renewed vigor in ministry and growth. *Stress In the Life of a Child of God* was written to help enlighten the people of God about the effect that stress can have on the mind, body and spirit. Most Christians who are born again believers give the impression that Christians live a "Happy-Go-Lucky" way of life exempt from life's stressful and frustrating situations. Many Christians even proclaim this belief to the world and as a result they are less likely to talk about their problems, especially "STRESS" problems. The goal of this book is to help empower the Christian with the knowledge they need about "Stress" and to help them understand how different life situations can create "Stress" as they learn how to take control of their "Stress Situations". This book is written to provide a Christian with a biblical and faith-based way to approach commonly found stresses encountered by Fire and EMS first responders, such as dealing with bogus work place policies, death, difficult peers and patients, addiction, and much more. Although every Christian can take away something from this book, other occupations that may find this useful are law enforcement, corrections officers, military, or any other occupations that the reader may feel projects a more than usual mental, emotional, and physical stress on a person. This pack of two (identical) books will help couples learn more about themselves and their future spouse and address potential problem areas before, rather than after, the wedding. This official United Methodist resource includes worksheets to be completed by each person, Scripture references about marriage, and interactive exercises. Ideal for clergy to present to couples to use during pre-wedding counseling sessions. A separate Pastor's Manual includes guidelines for mentoring couples. For use with couples of all ages, whether they are entering their first marriage or remarrying. In this timely book, Cho provides mission scholars, sending churches, and mission agencies with an understanding of Korean missionaries' burnout recovery process. Her study of Korean missionary burnout recovery included thirty-nine research participants who had experienced burnout in missionary service and who subsequently recovered. Participants reported a variety of physical, emotional, and spiritual symptoms, as well as relational difficulties experienced during burnout. Cho describes how their self-help approach, characterized by independent, religious self-effort, brought only temporary relief. Through self-care, however, they experienced genuine recovery. Self-care that leads to lasting recovery is holistic and grace-based, characterized by a correct understanding of the roles of God and others in their lives and engagement in authentic community for interdependent care. This study also gives insightful recommendations to missionary member care systems, mission agencies, and other sending organizations in an Asian cultural context about how to care for Korean missionaries. It is also intended for counselors of home churches so that they can provide better member care for burned-out missionaries. Lastly, this study advances research into contextually appropriate paradigms and strategies helpful to cross-cultural missionaries in the area of both Korean missionaries and non-Western studies in missionary member care. The purpose of this study was to examine the relationship between four predictor variables (vocational satisfaction, social support, religious doubt, and religious fundamentalism) and three outcome variables (depression, anxiety, and stress) among a Christian clergy population. A total of 1,167 surveys were sent out to Christian clergy across the U.S; 115 were returned, and 94 were used in the

final analyses. Multiple regression analyses found three significant correlations, (a) a negative correlation between vocational satisfaction and depression scores, (b) a negative correlation between social support and depression scores, and (c) a negative correlation between vocational satisfaction and stress scores. These results are discussed further, including implications for clergy and mental health professionals, as well as areas in need of further research. This workbook consists of six structured sessions, each providing men with easy to read scientific and biblical information on managing stress. This workbook is a highly effective stress management book for Christians. In it the author (a Christian therapist who specializes in working with anxiety) teaches step-by-step Christian-based techniques that help lower stress and anxiety at home, work, or relationships in twenty minutes a day. *Stress: Concepts, Cognition, Emotion, and Behavior: Handbook in Stress Series, Volume 1*, examines stress and its management in the workplace and is targeted at scientific and clinical researchers in biomedicine, psychology, and some aspects of the social sciences. The audience is appropriate faculty and graduate and undergraduate students interested in stress and its consequences. The format allows access to specific self-contained stress subsections without the need to purchase the whole nine volume Stress handbook series. This makes the publication much more affordable than the previously published four volume *Encyclopedia of Stress* (Elsevier 2007) in which stress subsections were arranged alphabetically and therefore required purchase of the whole work. This feature will be of special significance for individual scientists and clinicians, as well as laboratories. In this first volume of the series, the primary focus will be on general stress concepts as well as the areas of cognition, emotion, and behavior. Offers chapters with impressive scope, covering topics including the interactions between stress, cognition, emotion and behaviour Features articles carefully selected by eminent stress researchers and prepared by contributors representing outstanding scholarship in the field Includes rich illustrations with explanatory figures and tables Includes boxed call out sections that serve to explain key concepts and methods Allows access to specific self-contained stress subsections without the need to purchase the whole nine volume Stress handbook series

This study investigated the comparative effectiveness of Christian devotional meditation (CDM) versus progressive muscle relaxation (PMR) on stress, anxiety, depression, and overall spiritual health among a sample of nonclinical Korean Christian adults in the United States. Seventy nine individuals at two churches in the northern Virginia area completed the study. At each church, the subjects were randomly assigned to a two-hour session of CDM training or PMR training. Each participant then was asked to practice the technique at home at least once a day for two weeks with audio recorded instructions. The participants' perceived level of stress, anxiety, depression, and spiritual health were assessed pre- and post-training. The results of the study revealed that while both practices were efficacious in decreasing anxiety and depression, CDM was statistically more efficacious. In addition, only the CDM group showed significant reductions in stress level and improved spiritual health. Participants also appeared to practice CDM more than PMR, suggesting CDM may be a culturally appropriate adaptation in counseling to encourage treatment compliance. Christian theology is increasingly recognized to be now a non-western enterprise since the high concentrations of Christians in the world are no longer found in the Western societies. *Christian Theology and African Traditions* takes seriously this present

recognition of the southward movement of Christianity from the western world to a non-western setting. It seeks to reposition Christian theology and faith to engage the African traditions in classical category of theology proper, bibliology, anthropology, Christology, pneumatology, soteriology, ecclesiology, and eschatology and provides unique insights and problems that these classical and systematic categories poses to African Christianity. Similarly, it provides theological blueprint for non-Africans who are interested in knowing the nature and shape of the Christian theology in non-western settings. This collection of twelve studies is focused on the Herodian period and the New Testament, but looks back to the Apocrypha and pseudepigrapha, and onward to Judaism and Christianity in the Roman empire. Within this framework each section includes some treatment of central themes, such as messianism in the Apocrypha and pseudepigrapha, the Son of man and Pauline hopes for a new Jerusalem, and Jewish and Christian messianism in the second century. There are also studies of some relatively neglected topics, including suffering and messianism in synagogue poetry, and the relation of Christian and Jewish messianism with conceptions of the church and of antichrist and with the cult of Christ and of the saints. Throughout, an attempt is made to set messianism in a broader religious and political context and to explore its setting in religion and in the conflict of political theories--since the ancient Jewish constitution is both a 'church' and a 'state'. Thus conciliar and priestly constitutional ideals in their bearing on Christian messianism form an important theme here, and again one that is relatively little studied. With regard to religion, there is a study on poetry in honour of Jewish festivals, and a study of the religious as well as political theme of messianism and ruler-cult through study of Herod's temple restoration and the debated reference in Persius to 'Herod's days', here interpreted as Herodian festivals kept by Jews in Rome. This is an autobiographical review of my breakdown; what caused it; and the internal and external battles I faced after being prescribed antidepressants. Having been a Christian of many years, I was faced with the dilemma of trusting God or taking this medication. But why did I feel so much guilt and shame? And why did I feel a failure? Veteran teacher Kyle Taft uses his firsthand experience of stress in the classroom, combined with his pastoral knowledge of God's Word to guide you on a step-by-step journey to a stress-free life. Follow these biblical principles for letting go of stress. Although primarily aimed at teachers, this is a valuable resource for anyone trying to cope with stress. *Christian Paths to Health and Wellness, Third Edition*, is a faith-based text that helps students explore and apply key concepts of holistic health and wellness. A new web study guide assists students in retaining and using what they learn. It's always been tough. Whether you are serving the Lord as an office worker, a doctor, a missionary, or a teacher - if you put your head above the parapet you will get shot at. Sometimes you will get hit. This book is for all who have found themselves in the line of fire. Dr Marjory Foyle draws upon her extensive clinical experience and her work as a missionary to address a range of important topics: Depression; Occupational stress; Interpersonal relationships; Parental and home-country stress; Singleness and marriage; Children; Burnout; Caring for Christian workers. Mark R. McMinn is Professor of Psychology and Director of Integration in the Graduate Department of Clinical Psychology at George Fox University in Newberg, Oregon. He was previously on faculty at Wheaton College in Illinois, where he was the Rech Professor of Psychology from 1996 to 2006. Mark is a licensed psychologist in Illinois and is board certified

by the American Board of Professional Psychology. He is Past-President of the APA's Psychology of Religion division. His other books include *Sin and Grace in Christian Counseling* (2008), *Integrative Psychotherapy* (coauthored with Clark D. Campbell, 2007), *Finding Our Way Home* (2005), *Why Sin Matters* (2004), *Care for the Soul* (coedited with Timothy R. Phillips, 2001), and *Psychology, Theology, and Spirituality in Christian Counseling* (1996). Mark and his wife, Lisa--a sociologist and author--live in rural Oregon. They have three grown daughters. *Faith-Based ACT for Christian Clients* balances empirical evidence with theology to give mental health professionals a deep understanding of both the "why" and "how" of acceptance and commitment therapy (ACT) for Christians. The new edition includes updated discussions in each chapter, more than 20 new and updated exercises, and new chapters on couples and trauma. The book includes a detailed exploration of the overlap between ACT and the Christian faith, case studies, and techniques that are explicitly designed to be accessible to both non-Christian and Christian (including evangelical Christian) counselors and therapists. Chapters also present the established research on Buddhist-influenced mindfulness meditation and newer research on Christian-derived meditative and contemplative practices and lay a firm theological foundation through the use of engaging biblical stories and metaphors. Scholars of religion have long assumed that ritual and belief constitute the fundamental building blocks of religious traditions and that these two components of religion are interrelated and interdependent in significant ways. Generations of New Testament and Early Christian scholars have produced detailed analyses of the belief systems of nascent Christian communities, including their ideological and political dimensions, but have by and large ignored ritual as an important element of early Christian religion and as a factor contributing to the rise and the organization of the movement. In recent years, however, scholars of early Christianity have begun to use ritual as an analytical tool for describing and explaining Christian origins and the early history of the movement. Such a development has created a momentum toward producing a more comprehensive volume on the ritual world of Early Christianity employing advances made in the field of ritual studies. *The Oxford Handbook of Early Christian Ritual* gives a manifold account of the ritual world of early Christianity from the beginning of the movement up to the end of the fifth century. The volume introduces relevant theories and approaches; central topics of ritual life in the cultural world of early Christianity; and important Christian ritual themes and practices in emerging Christian groups and factions.

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