



# A Positive Plan for Creating More Calm, Less Stress

*Karol Ladd*

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Busy. Hurried! FRAZZLED!!! A mom's life is anything but tranquil. With multiple responsibilities as caretaker, taxi driver, short-order cook, and domestic servant, what most women need in life is more calm- and less stress!

*More Calm, Less Stress* provides that positive, biblically-based plan to help women realistically create an atmosphere of peace that she and her family so desperately need. The five delightful and doable action steps help mothers make their home a positive place to live.

This is the first book in the Positive Plan series that will also include:

- *A Positive Plan for Creating More Fun, Less Whining* (June 2006)
- *A Positive Plan for Creating More Love, Less Anger* (June 2007)

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