



99 Ways to Fight Worry and Stress

Elsa Kok Colopy

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The 99 ways to cope and rise above worry and stress are grouped into categories that include “Guard Your Rest”, “Dream a Little”, “Pursue Healthy Diversions”, and “Dive Into Truth”.

Elsa Kok Colopy is the associate editor for *Focus on the Family* magazine. She’s authored four books and leads women’s retreats throughout the United States. For more information, visit www.elsakokcolopy.com.

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