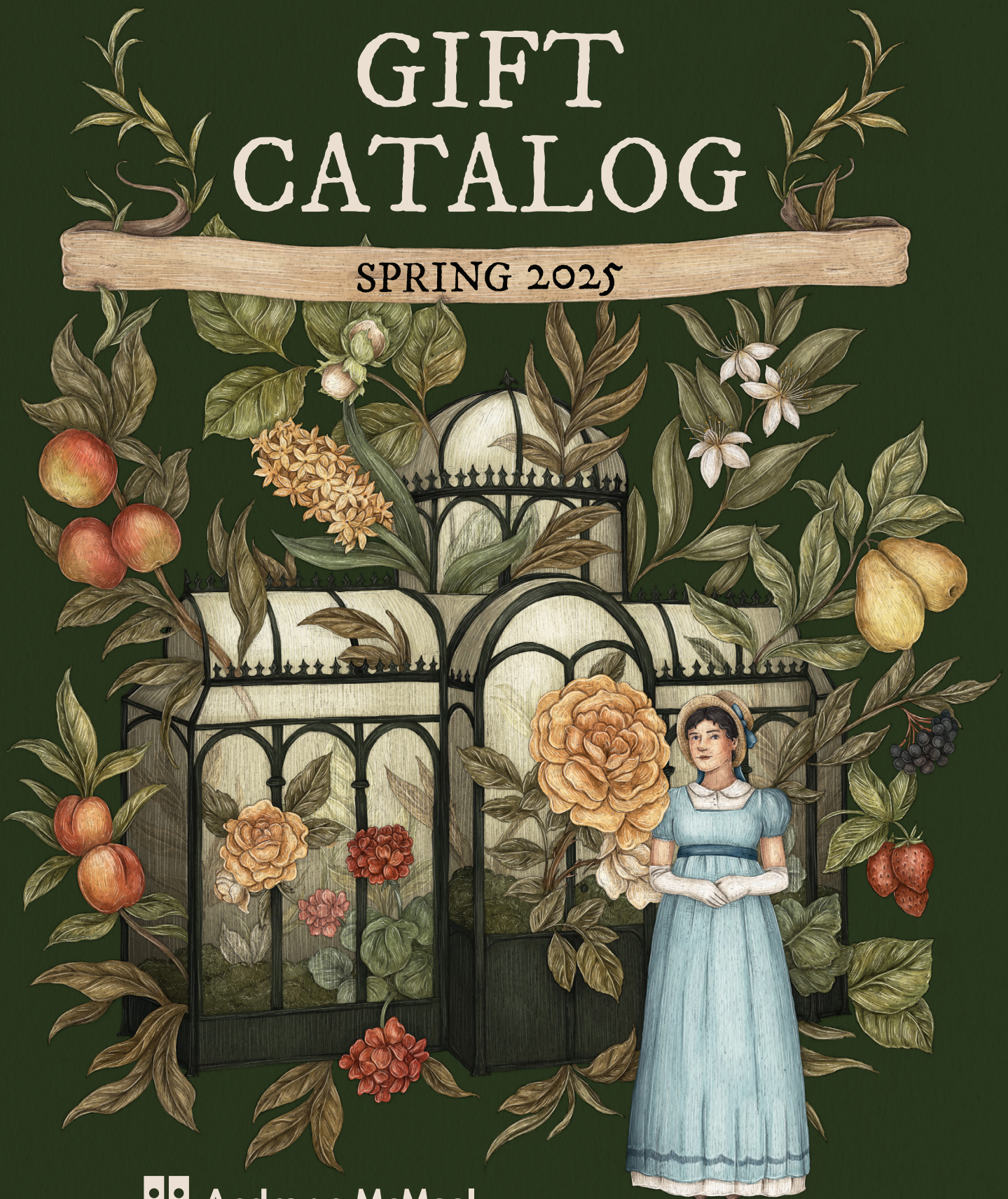


GIFT CATALOG

SPRING 2025



Andrews McMeel

Sticker Inspirations

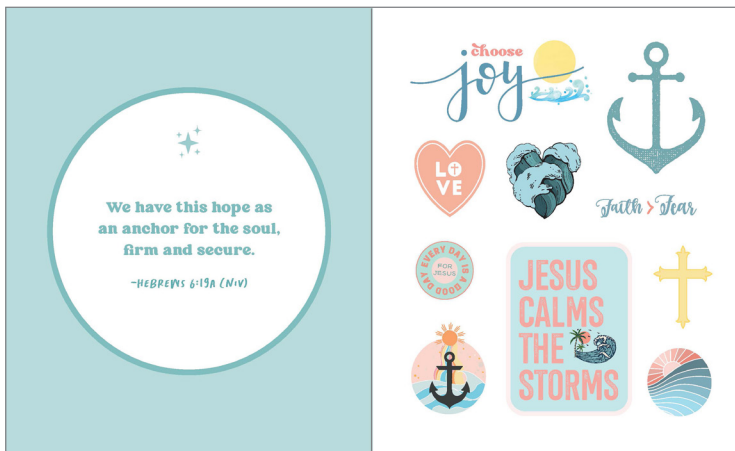
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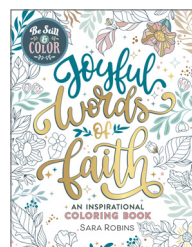
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Sooner or later in life (usually sooner), we get to the point where we can pick the anything road or the everything road. We can take the way of needless worrying, "about anything," an encounter which isn't quite as scary. Consider that worry in the original Greek means being pulled in different directions or being breathless. (Picture trying to get anywhere like that?) Or we can realize that, though grace is a gift, "the anything" we can choose to walk with Him, keeping in mind the big picture and processing it all with God. If we pick "everything," we ...

Pray, having conversation with God

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Give thanks for something connected to a particular piece of "everything"

Present, putting our requests out there for God's consideration and action

Then we let Jesus take the lead: If we face the given or the given, which—until our scary of worries—directs our hearts and minds to beautiful places.

LOOK IN

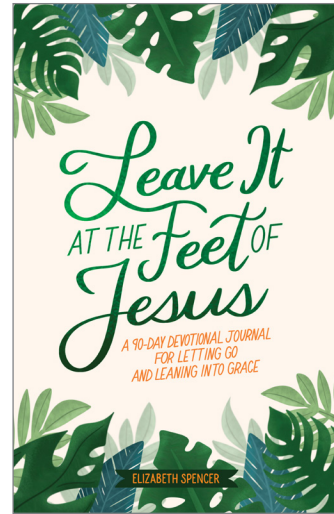
What's the first thing in your life that comes to mind when you hear the word worry?

Use your answer to plan a peace path. Label each step with a specific detail about this piece of your "everything" that you're bringing to the Lord.

Prayer Pardon Thanksgiving Presentation

LOOK UP

Jesus, help me choose everything over anything today. Guard my heart with Your grace that makes me weakly kneel but is stronger and truer than anything else I try to hold onto.



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Breathe in God, Breathe Out Anxiety

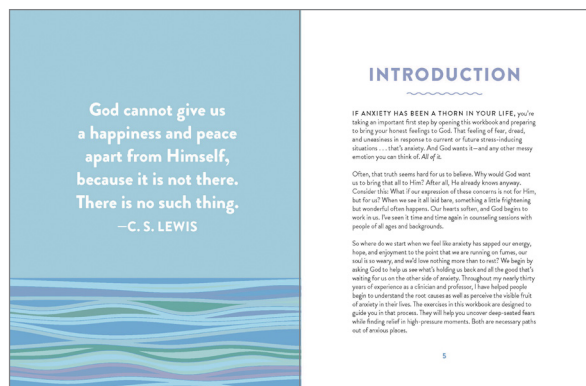
A Workbook of Everyday Ways to Find Calm by Welcoming the Spirit

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- Finding calm in God's creation
- Taking honest feelings to God through connecting with Scripture, praying, and journaling

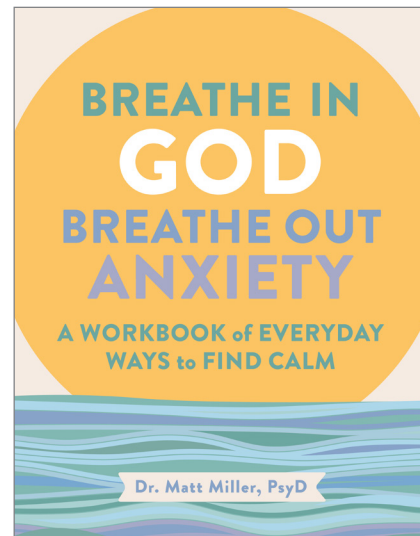


INTRODUCTION

IF ANXIETY HAS BEEN A THORN IN YOUR LIFE, you're taking an important first step by opening this workbook and preparing to bring your honest feelings to God. That feeling of fear, dread, and sometimes in response to current or future stress-inducing situations ... that's anxiety. And God wants it—and any other messy emotion you can think of—off!

Often, that thorn seems best left to be alone. Why would God want us to bring that all to Him? After all, He already knows anxiety. Consider this: What if our expression of these concerns is not for Him, but for us? When we seek to tell Him, something is often happening, but wonderful often happens. Our hearts soften, and God begins to work in us. You see it in time and come again in astounding answers with people of all ages and backgrounds.

So where do we start when we feel like anxiety has sapped our energy, hope, and optimism to the point that we are wanting to be done, our soul is so weary, and we'd love nothing more than to be? We begin by asking God to help us see what's holding us back and if the good that's waiting for us on the other side of anxiety. Through my nearly thirty years of experience as a clinician and professor, I have helped people begin to understand the root causes as well as providing the visible link of anxiety in their lives. The exercises in this workbook are designed to guide you in the process. They will help you uncover deep-seated fears while finding relief in high-pressure moments. Both are necessary parts of a healthy system.



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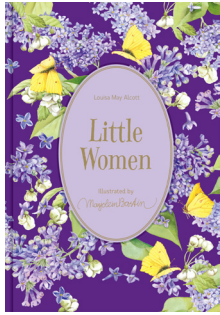
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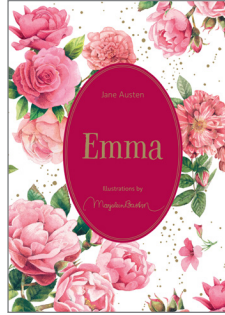


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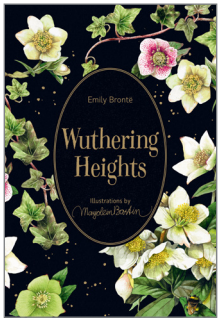
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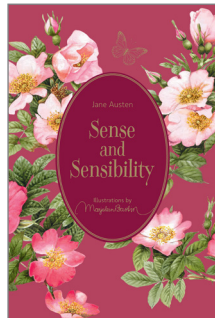
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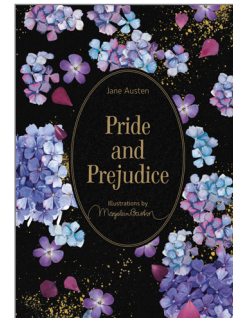
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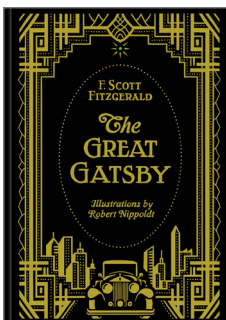
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