



Frazzled Female: Finding Peace in the Midst of Daily Life (Bible Study Book)

Cindi Wood

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The Frazzled Female Bible Study by Cindi Wood is a resource designed especially for women. By sitting at the feet of Jesus and absorbing His teaching, women will be able to deal with essential issues like managing their time, getting along with difficult people, taking time for themselves, and even organizing their lives. The Member Book includes leader guidance for conducting an introductory session plus the 6 weekly sessions of study.

This thought-provoking, yet light-hearted, study helps women discover practical, biblical help to confront issues that otherwise leave them discouraged. It helps participants develop biblical skills to handle stressful situations; grow in their relationship with Jesus; and ultimately experience peace, joy, and a saner lifestyle.

- Brief daily lessons for each week are provided
- Scripture memory verses
- "Defrazzler" activities
- Material to study over each weekend

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