



# **Live Like You're Blessed: Simple Steps for Making Balance, Love, Energy, Spirit, Success, Encouragement, and Devotion Part of Your Life**

*Dr Suzan Johnson Cook*

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# Live Like You're Blessed: Simple Steps for Making Balance, Love, Energy, Spirit, Success, Encouragement, and Devotion Part of Your Life

*Dr Suzan Johnson Cook*

## **Live Like You're Blessed: Simple Steps for Making Balance, Love, Energy, Spirit, Success, Encouragement, and Devotion Part of Your Life** Dr Suzan Johnson Cook

One of today's leading ministers, Suzan Johnson Cook epitomizes the positive attitudes and self-help spirit that make a profound difference in the way we live. *Live Like You're Blessed* illuminates her winning formula in an engaging combination of autobiographical anecdotes and lessons drawn from her pastoral work.

Using the letters in the word "blessed" as her starting point, Cook illustrates the spiritual concepts that will help readers cope with life's difficult challenges.

**B** represents balance: maintaining emotional equilibrium and finding the time for work, play, and worship

**L** stands for love: accepting the love that flows from God and extending it to family, friends, and colleagues

**E** is for energy: developing the physical stamina that nurtures emotional well-being and our dreams

**S** is the spirit of God within: finding the inner strength and faith that allow us to serve as His hands on earth

**S** represents success: achieving financial goals while living in alignment with our convictions and values

**E** stands for encouragement: sharing the courage and hope at the heart of Jesus' teachings

**D** is for devotion to God: exploring difficult questions, rather than accepting pat answers

Filled with simple exercises and helpful suggestions, *Live Like You're Blessed* is a realistic and inspirational plan for serving God and living life to the fullest.

*From the Hardcover edition.*

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