



Flourish: Discover the Daily Joy of Abundant, Vibrant Living

PhD, Catherine Hart Weber

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Flourish: Discover the Daily Joy of Abundant, Vibrant Living PhD, Catherine Hart Weber

Many Christian women feel like they are languishing rather than flourishing. They face days full of busyness and stress that can lead to anxiety and depression. Dr. Catherine Hart Weber integrates the best in positive psychology with biblical wisdom to show readers how to develop healthy mental states. She demonstrates that cultivating positive emotions like joy, gratitude, and hope will foster spiritual growth, a deeper intimacy with God, and strong relationships. Not only will these traits of the Spirit lead to a more fulfilling and abundant life, but they will help readers cope with daily pressures. *Flourish* shows how women can partner with God to nurture healthy emotions and virtues to live life at its best.

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