

Breath LIFE

No one is immune to the stresses of daily life. The overwhelming demands of work, home, finances, and relationships can be overwhelming and can have a serious effect on one's health and well-being. If we let it. Yet, in the midst of all the chaos, clamor, and chaos, God's call, small voice calls out to us and shows a better way. A way of peace and greater well-being.

Breath of Life is an insightful twenty-one-day devotional designed to appeal to the busy person. Join the journey, and discover a balanced, whole-being approach to wellness that is centered on the Spirit-breathed Word of God.

Inspiring and practical, each daily devotional explores one of the seven dimensions of wellness that contribute to optimal well-being and presents a My Daily Breath exercise that includes one or more of the following:

- A song recommendation for inspiration
- A verse for meditation
- A question for reflection
- A tool for practical application

God's promise of peace is available to us all. We only need to slow down, pause His, and breathe deep.



Karen Ferguson, MBA, is the owner of *Shoreline Connections*, offering affordable, high-quality writing and wellness services designed to help others show up fully in work and life. A writer, personal trainer, and health coach, Karen's passion lies with words and wellness. After overcoming a personal struggle with disease and an unfulfilled lifestyle, Karen is now an enthusiastic advocate for wellness that empowers.

For the Word and Life is dedicated to providing tools for healthier living to people of all ages, backgrounds, and lifestyle practices. Whether read by the fire at night, Karen desires to see others more deeply rooted in God and to live more mindfully and healthfully. She is always on the lookout for a good book, a healthier recipe, or a new idea to live more fully.

Breath of Life

KAREN FERGUSON

Breath OF LIFE

LIVING GOD'S PROMISE OF PEACE

in the 7 Dimensions of Wellness

KAREN FERGUSON