



God's Peace When You Can't Sleep

Thomas Nelson

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***God's Peace for When I Can't Sleep* is a wonderful means for calming the mind and soothing the spirit during drawn-out restless nights.**

Find Comfort and Peace during Long Sleepless Nights

Every evening, millions of people crawl into bed and struggle either to go to sleep or stay asleep through the quiet hours of the night. What's worse, lying awake during those dark and silent times can bring on a busy mind and anxious thoughts that make sleeping seem even more impossible. Instead of recharging and resting peacefully before the alarm rings, the early morning sunbeams are met with exhaustion and difficulty focusing.

God's Peace for When I Can't Sleep is a wonderful means for calming the mind and soothing the spirit during those drawn-out periods of restlessness. Short and simple anecdotes, quotes, Bible verses, blessings, and prayers help direct ones thoughts toward a serene and tranquil place of rest, a place full of God's presence of peace. It's the perfect companion to keep within reach for any time of night or early morning hours.

This is the first in a series of other topics such as:

- *God's Peace for When I'm Anxious*
- *God's Peace for When I'm Busy* (or Overwhelmed?)
- *God's Peace for When I'm Worried*
- *God's Peace for When I'm Afraid*

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Nancy Deanda:

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Katherine Khan:

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Denise Swann:

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