



# Becoming a Woman of Simplicity

*Cynthia Heald*

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# Becoming a Woman of Simplicity

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## **Becoming a Woman of Simplicity** Cynthia Heald

In a culture that pulls women in multiple directions at once, is it possible to adjust priorities, reexamine your time management, and reduce your busyness in exchange for what is truly important—becoming like Jesus? Written by Navigator author and Bible teacher Cynthia Heald, *Becoming a Woman of Simplicity* is a topical Bible study in **11 sessions** that delves into Scripture to offer practical, real-life counsel on rest and stress to women. If using in a group, personal study is needed between meetings.

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