

AB4LIFE

# Stillness Without Stress Guide

*Practice stillness without guilt or overwhelm.*



## About this resource

A gentle guide to building a stillness practice that fits real life — no guilt, no perfection, no pressure to do it 'right.'

## What's inside

- What stillness really is (and isn't)
- 5-minute daily stillness framework
- How to quiet mental noise
- Faith-anchored stillness prompts

**Free**

**Download Free — Email [an-g@ab4life.com](mailto:an-g@ab4life.com)**

AB4Life provides faith-based personal growth resources and emotional clarity support. Not therapy, counseling, or crisis services.