It’s estimated Americans spend 30 billion a year on programs, treatments, seminars and a multitude of other things to find peace, hope and contentment.

We’d recommend spending a little time each day.

*These are the words that can make you wise when you follow them. Guide you through life’s troubled waters. And bring a lasting joy to your heart.* And the nice thing is, you don’t have to go away on vacation, attend a seminar, or get on a treadmill. All you have to do is open your heart...and start reading. * paraphrased from Psalm 19*