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Welcome to “A Healthy State of Mind”! This is your host, Bo Deaton.

Seems like everyone I meet is dealing with a great deal of stress. It’s no wonder, we have the very best Master Marketers continuously telling us how we ought to live our lives.

In a 10 minute period my television told me that I should fight for higher wages, how to write a winning resume, lose ten pounds, build more muscle, look ten years younger, find my perfect mate, get an interest free loan to buy our dream home, win a free cruise and buy a new car, get my credit cards reduced and a telephone number to call a lawyer to fight the IRS.

I was not only stressed but very confused as well. But then I picked up my Bible and found these reassuring words.

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.