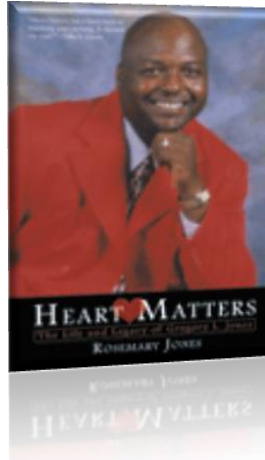


Heart Matters: The Life and Legacy of Gregory L. Jones



Read about How Damaging Stress really Can be!

"I believe Heart Matters will be the most touching and exciting book you will read this year. The author writes with a passion moving us to openly acknowledge the power of Jesus Christ – the One who shed his blood for the entire world."

---Lilla E. Green

Gregory L. Jones was a pioneer. He set in motion a new way of looking at critically ill persons. He had a stress related illness -a heart disease- that would eventually make him a stronger and a better person. The more he ignored the need for stability in his life, the sicker he became. He became overwhelmed by stress, but he had a strong determination that changed the course of his life.

Stress can affect your physical body as well as your mind. Sometimes when we are dealing with complicated situations among people who are not easy to get along with, we might find ourselves reacting in a way that doesn't benefit us. We tend to go off and focus on the bad things that occurred. People who experience a lot of stress may become ill and unable to think clearly. If they are not careful they may suffer a nervous breakdown.

"A dream is reality put on hold...until you finally WAKE UP IN IT!"—Lisa Rogers

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heartmatterslegacy.com

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[We accept credit cards, checks, and money orders!](#)

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My name is Rosemary Jones. I live in Calumet City, Illinois with my family. I worked in the Writing Center at Kennedy-King College for three years. I am presently employed with Gareda Nursing Services. I am a Christian teacher and mentor.

"This is so amazing!" --K. Hayes