

FOR IMMEDIATE RELEASE

January 4, 2026

Gaylyn Williams

✉ gaylynw@gmail.com | ☎ 719-201-7181 | 🌐 www.RelationshipResources.org; TipsForLessStress.com

Award-Winning Biblical Stress Solution Offers Hope for a Nation Under Pressure

COLORADO SPRINGS, CO — Americans are stressed—and many feel trapped by it. A national survey shows average stress levels at **5 out of 10**, with **nearly one in four Americans reporting extreme stress levels of 8–10**. Almost **half say they want help managing stress**, yet many feel overwhelmed, discouraged, or unsure where to turn.

Now, a newly updated, **award-winning biblical approach** offers lasting relief.

All Stressed Up and Everywhere to Go, written by Gaylyn Williams and her father **Ken Williams, Ph.D.**, received the **Golden Scrolls 2025 Christian Living Book of the Year**. It presents **proven, practical biblical principles** that help individuals and groups lower stress, regain emotional balance, and build resilience for life's inevitable pressures.

Over the past several decades, Williams and Relationship Resources have trained **over 50,000 people worldwide**, equipping them with these simple, transferable skills that work across cultures, seasons of life, and levels of crisis. Updated in 2025, the book and training on stress guide people step-by-step through **easy-to-apply strategies** that address stress at its roots—not just its symptoms.

Williams' message carries unique credibility. Her life includes profound personal loss and hardship—**abandonment as a child, the death of her six-month-old son, the tragic loss of her fiancé, years as a single mom, living in war-torn countries, cancer, and deep personal betrayals**. These experiences shape her compassionate, realistic approach, fueling her passion to help others experience freedom rather than exhaustion.

Gary Wilkerson, President of World Challenge, said, “This book’s biblical solutions and personal truths can free your heart, mind, and soul. It is a timely remedy for a culture consumed with pressure and anxiety.”

Jerry Bridges, Author of 20+ books, including *Trusting God*, said, “Stress is a fact of life. Now, relief is at hand. This book is thoroughly biblical, practical, and authentic.”

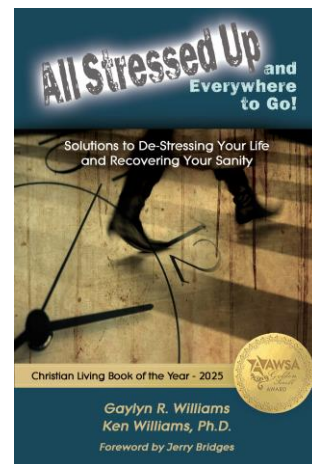
Listeners and viewers will receive **52 practical stress-management tips** following the interview.



Learn more at TipsForLessStress.com and www.RelationshipResources.org

Schedule an interview today with Gaylyn.

Gaylyn Williams is the Executive Director of Relationship Resources, an award-winning, internationally recognized author of 42 books and a dynamic speaker. She is known for translating biblical truth into practical, life-changing skills that help people strengthen their relationships with God and others—even amid stress, disappointment, and loss.



###

Suggested Interview Questions Based on Gaylyn's Book and Training

1. How widespread is stress in America today—and why does it feel so overwhelming?
2. How does chronic stress affect people emotionally, spiritually, and physically?
3. What are some little-known ways stress affects us that most people aren't even aware of?
4. Why did you write *All Stressed Up and Everywhere to Go* after training thousands of people worldwide?
5. What makes your biblical approach different from typical stress solutions?
6. What can people do **today** to begin lowering their stress?
7. How have you seen these strategies transform lives?
8. Where can people get your book and 52 free stress-management tips?

More Endorsement for *All Stressed Up and Everywhere to Go!*

Tim Westcott, Pastor of Idyllwild Bible Church, said, “These principles work! Because the principles flow out of God’s Word, they are timeless and relevant in any context. The principles are easy to grasp and easy to hand off to others who are in the ‘stress crucible.’”

Bob Creson, Former President and CEO of Wycliffe Bible Translators USA, said, “Dr. Ken Williams and his daughter, Gaylyn, have teamed up to provide an excellent resource for believers who want to de-stress their lives through the application of God’s Word mixed with healthy counseling principles.”

George Stahnke, Director of Renewal Ministries, said, “*All Stressed Up and Everywhere to Go* is a refreshingly simple book filled with usable, practical advice in dealing with the stressors of life.”

Laura Mae Gardner, D.Min., Former International Training Consultant for Wycliffe Bible Translators, said, “This father-daughter writing team has produced something profoundly useful for the Christian community. Authentic, soundly practical, occasionally funny, often heart-wrenching—you’ll love it!”

Other Topics for Interviews with Gaylyn Based on Her Books and Training

- **Explore God’s Heart for Israel.** Has God abandoned Israel—or are today’s events revealing His unfolding end-time purposes? This timely topic explores God’s unchanging covenant, His end-time purposes, and how Christians can partner with Him through biblical insight, reflection, and prayer.
- **God’s Lavish Love.** Many people believe God loves them *in theory* but struggle to experience that love personally—often due to abandonment, loss, or painful relationships. This message reveals God’s love as intentional, personal, and relentlessly pursuing, healing the orphaned heart and inviting people to live securely in their relationship with God.
- **God’s Design for Community and Reconcilable Differences.** Learn simple, powerful skills that build strong relationships and transform conflict with family, co-workers, and friends. These proven principles have impacted over 50,000 people worldwide through workshops and Gaylyn’s books.
- **Never Have to Do Fundraising Again.** Fundraising doesn’t have to be exhausting. Discover how to turn fundraising from a burden into a joyful ministry using practical strategies proven by thousands to build lasting donor partnerships.
- **Keys to Joy.** Joy is possible—even in trials—and you can reclaim it when life feels heavy. Many struggle with sadness, depression, and a loss of joy. This practical, life-giving Bible study and training help people rediscover joy in trials, remove barriers to joy, and experience deeper joy in every relationship. Available as a retreat.

