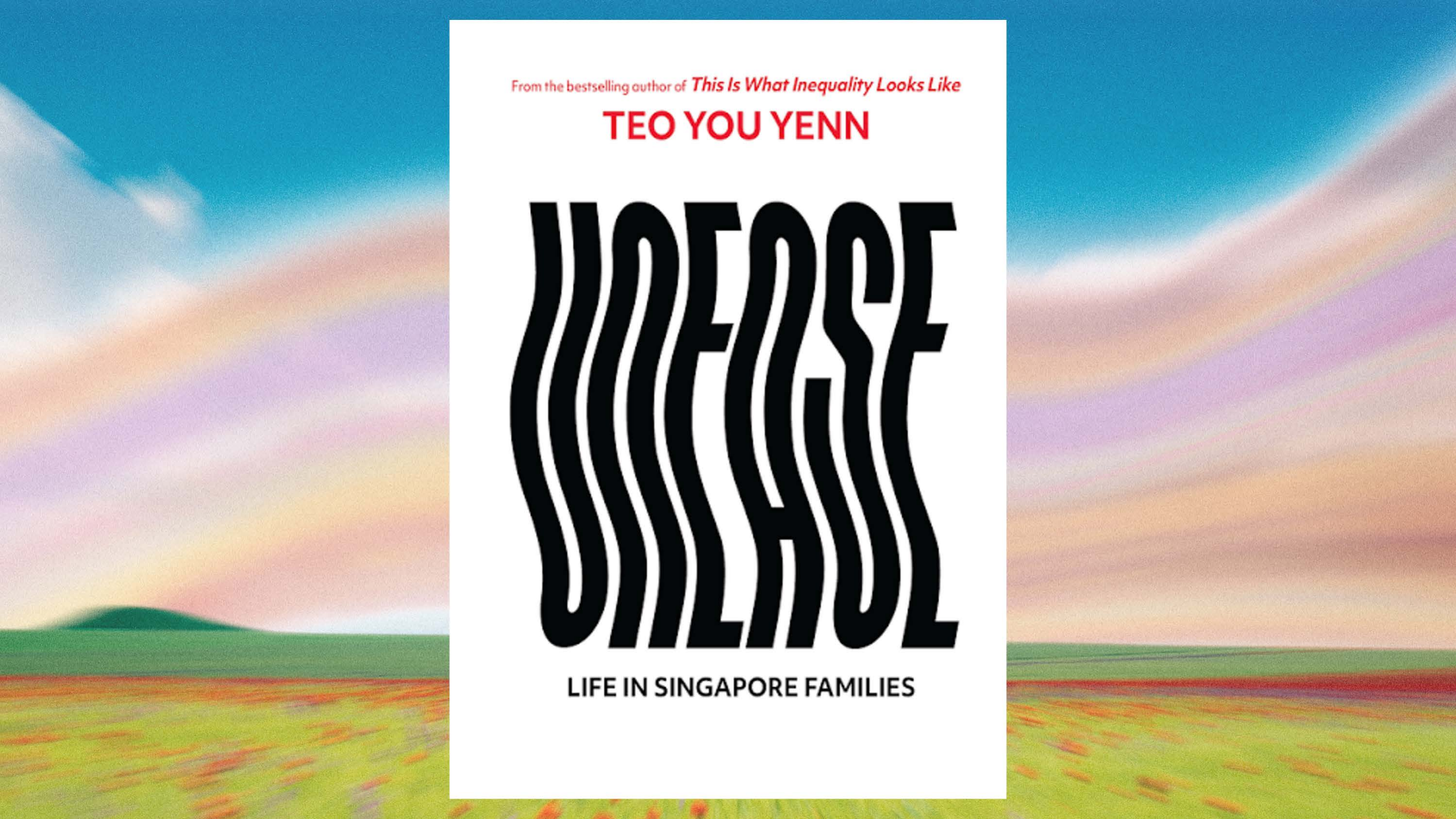

From the bestselling author of *This Is What Inequality Looks Like*
TEO YOU YENN
UNEASE
LIFE IN SINGAPORE FAMILIES

Living with Unease

"Imbalance is the norm, survival is the creed, and no choice is the default."

EXTRACT FROM "UNEASE" BY TEO YOU YENN


Living at
EASE

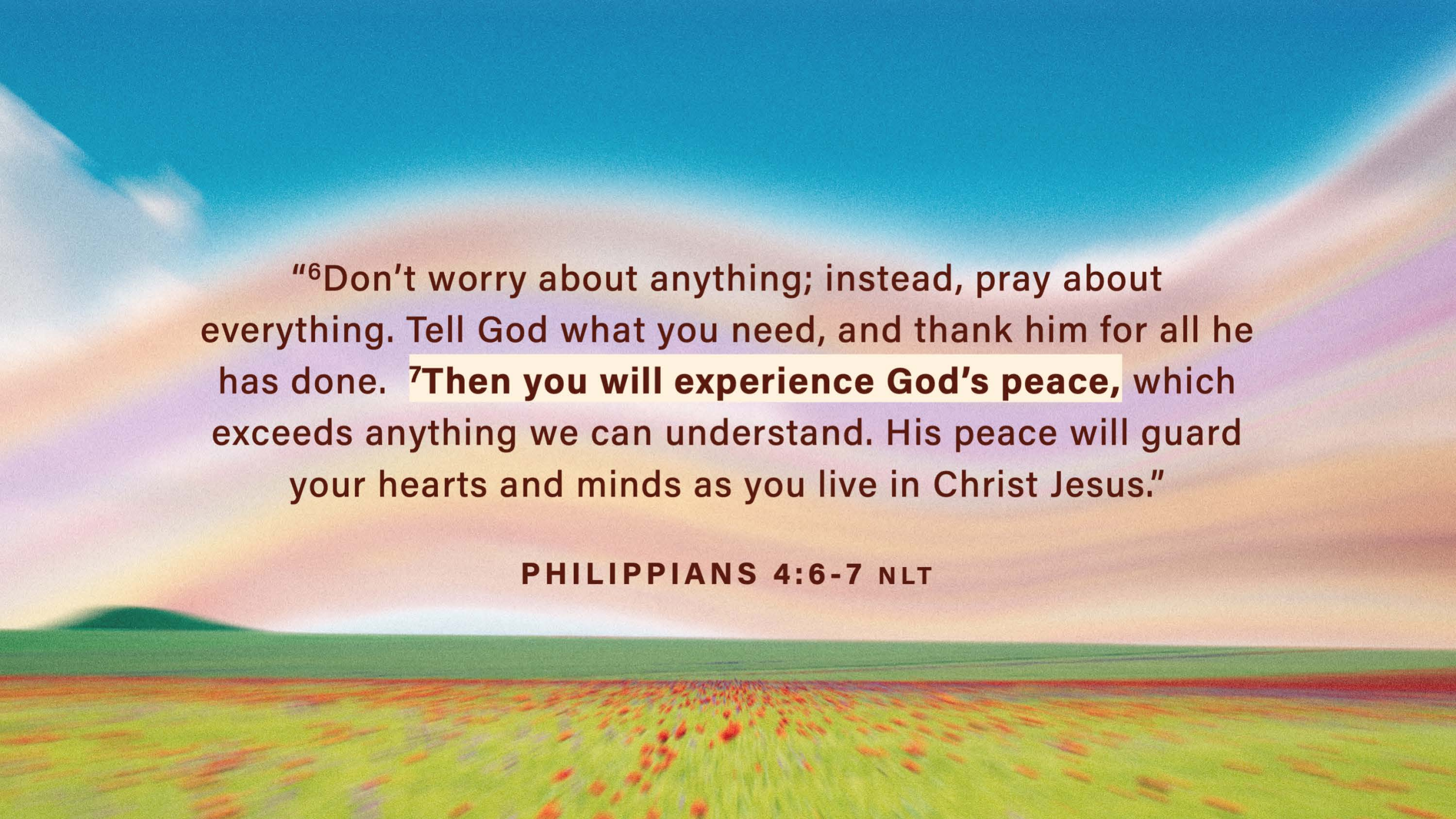

PHILIPPIANS 4:6-14 NLT

Peace of

v6-7



GOD

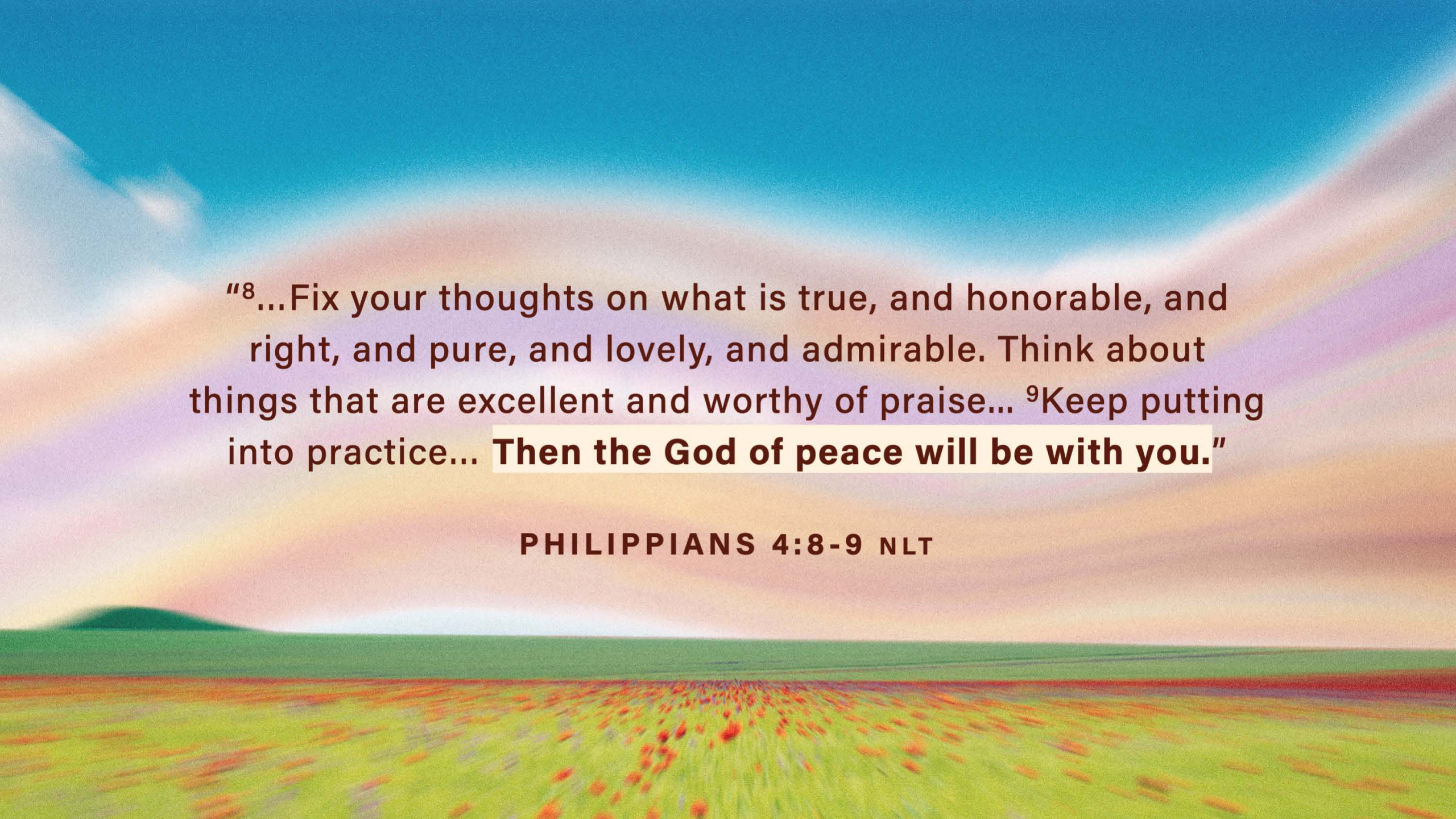

“6Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”
PHILIPPIANS 4:6-7 NLT

Presence of

v8-9



GOD

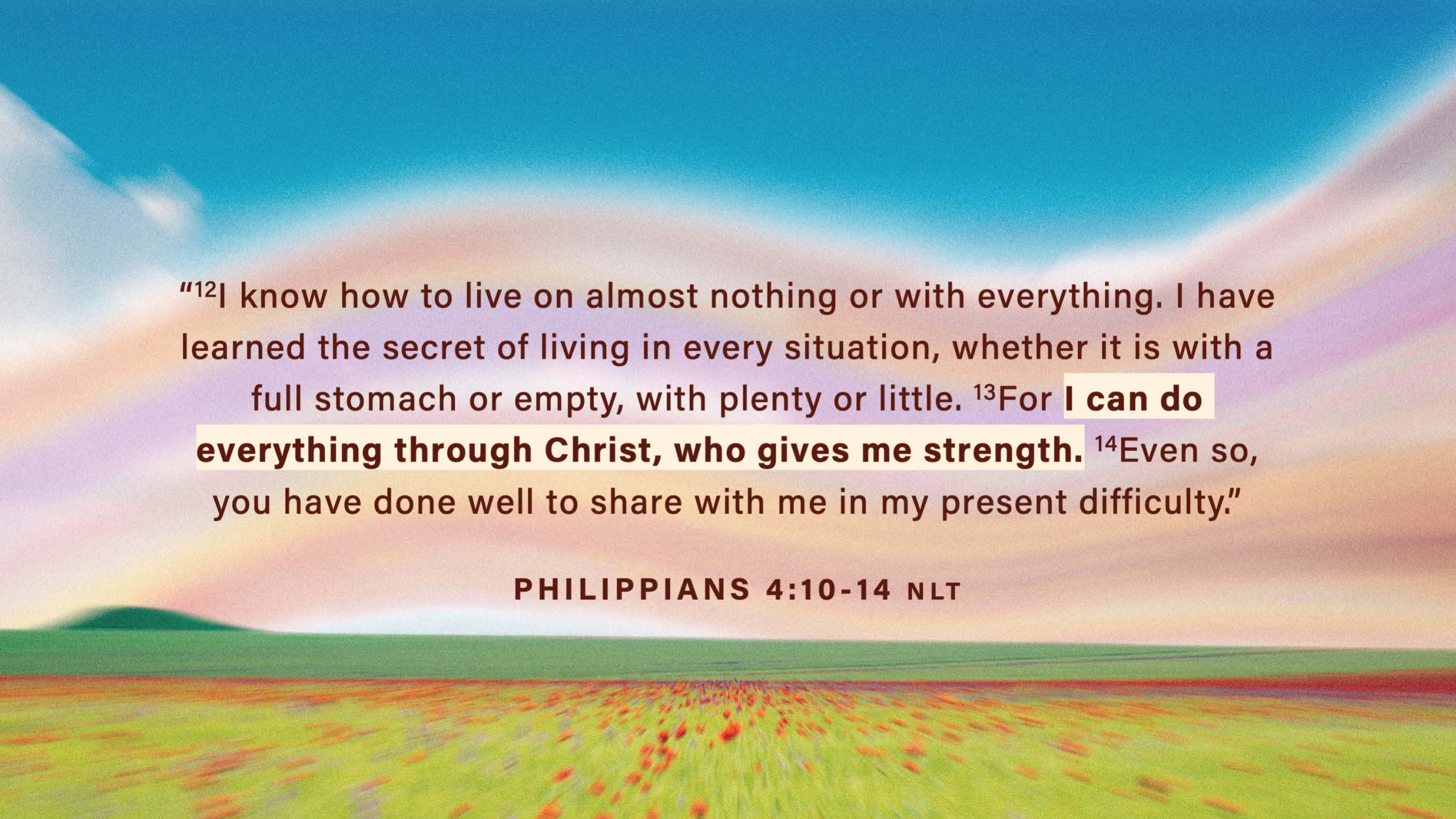

“8...Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise... 9Keep putting into practice... Then the God of peace will be with you.”
PHILIPPIANS 4:8-9 NLT

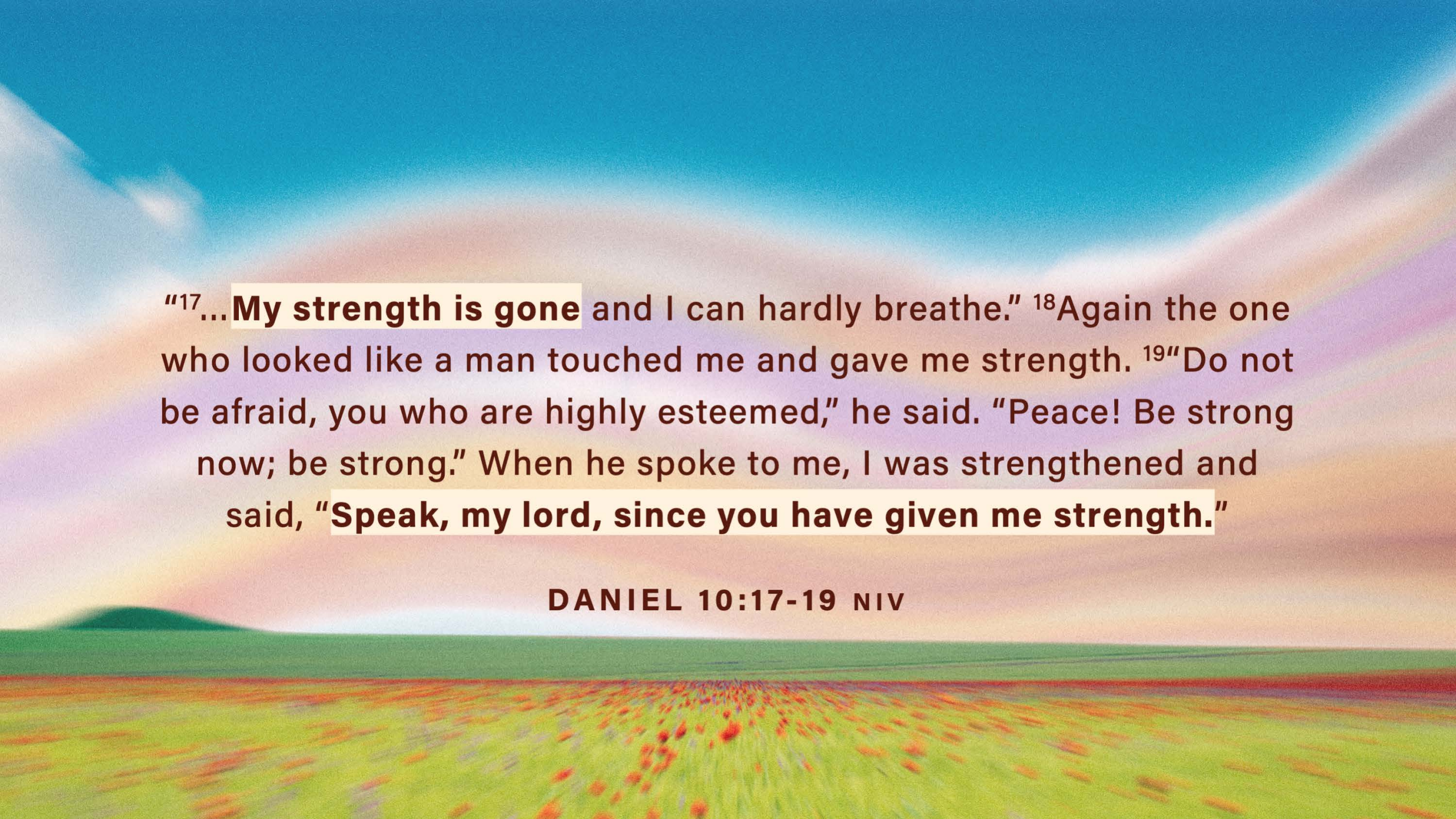
Power in

v10-14



CHRIST


“12I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. 13For I can do everything through Christ, who gives me strength. 14Even so, you have done well to share with me in my present difficulty.”
PHILIPPIANS 4:10-14 NLT



“17 …**My strength is gone** and I can hardly breathe.” 18 Again the one who looked like a man touched me and gave me strength. 19 “Do not be afraid, you who are highly esteemed,” he said. “Peace! Be strong now; be strong.” When he spoke to me, I was strengthened and said, “**Speak, my lord, since you have given me strength.**”

DANIEL 10:17-19 NIV