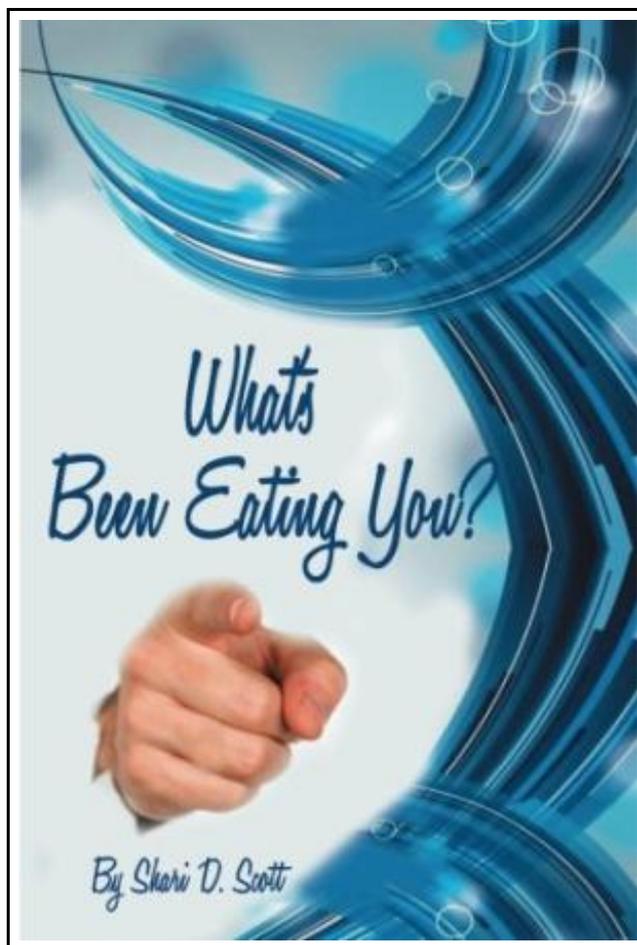


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Oh God, please help me! I m out of control! -- Do you ever find yourself trying to suppress the pain from your past through food, drugs, shopping, or other forms of compulsive behavior patterns? -- Do you find yourself moving from one bad relationship to another? -- Have you ever wondered why it s so hard to break free from harmful addictive behavior patterns? Numerous people live in psychological pain. Overcoming emotional, physical and sexual abuse is a healing process that takes time. Children who grew up in abusive families tend to learn early how to distance themselves from the pain-inwardly through denial and outwardly through addictions - and as a result have many varying needs that often include feelings of shame, self-blame and rejection. Often, those seeking crisis counseling services find the support limited or lacking. Most will find a sympathetic listener but not always a knowledgeable person that understands their unique family situation. If you are struggling with insecurities, anxieties, overeating, bitterness, rejection, loneliness, pride then this book is for you. Shari Scott candidly shares her struggles with her weight and how she learned how to identify her strongholds (her negative beliefs and behaviors) and replace negativity with the truth found in God s Word. Walk with Shari as she records her journey from emotional brokenness to spiritual wholeness.



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