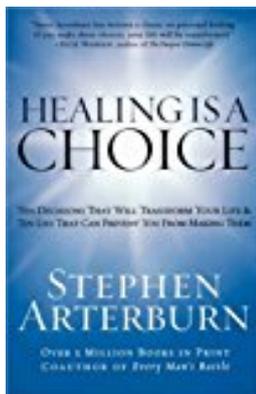


# [PDF] Healing Is A Choice: 10 Decisions That Will Transform Your Life And 10 Lies That Can Prevent You From Making Them

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**Books Details:**

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**Description:**

From Publishers Weekly Interspersing wise though basic advice with real-life examples, Arterburn (*Every Man's Battle*) offers a guide that could help many people progress farther along the path of

emotional and psychological healing. Written at a simple level, the book's purpose is to break down the barriers that keep people from seeking the help they need. Arterburn challenges some obstacles to healing that are particular to the Christian community, such as the idea that believers should feel peaceful and happy all the time. Yet he also does a good job of addressing the more basic barriers to healing common to all people, e.g., denial of pain and lack of forgiveness. His examples from the lives of others are quite helpful, drawn mostly from his workshops on obesity and sexual addiction. But the glimpses he gives into his own life are the most engaging. He shares openly about the confusion, fear and shame stemming from his divorce, as well as the pathway toward healing he has had to take. Arterburn is very clear that the process of healing is often long and difficult, yet he still conveys a hopeful, encouraging tone to those in pain. (*Aug. 16*)

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### **About the Author**

**Steve Arterburn** is host of *New Life Live!*, a radio and television program distributed across the country. He is a best-selling author with more than eight million books in print. He is also founder of Women of Faith®, a conference attended by more than four million women since its inception. Steve also serves as the teaching pastor of Heartland Church in Indianapolis, Indiana.

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