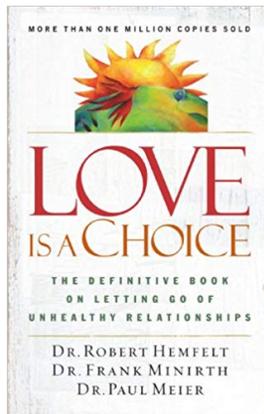


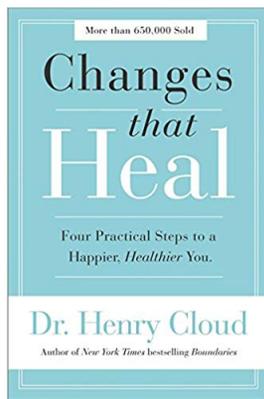


# RESTORING YOUR HEART



## Love is a Choice: The Definitive Book on Letting Go of Unhealthy Relationships

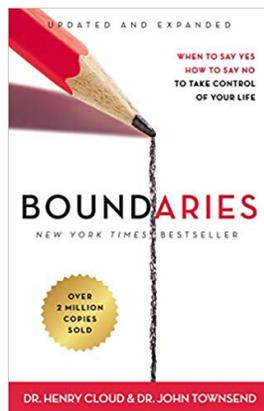
by Dr. Robert Hemfelt, Dr. Frank Minirth and Paul Meier M.D. God wants us to have healthy relationships with a balance between being dependent and independent. This book describes how the most effective means of overcoming codependent relationships is to establish or deepen a relationship with Christ Himself.



## Changes That Heal: Four Practical Steps to a Happier, Healthier You

by Dr. Henry Cloud

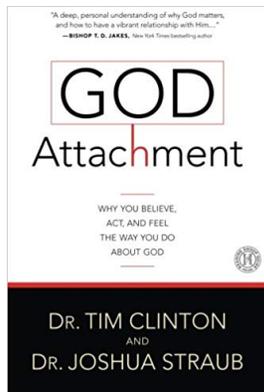
A down-to-earth plan, delivered with humor and compassion, to help you recover from the wounds of the past and grow more and more into the image of God. This book will help you learn about the developmental tasks needed to grow towards spiritual and emotional maturity.



## Boundaries

by Dr. Henry Cloud and Dr. John Townsend

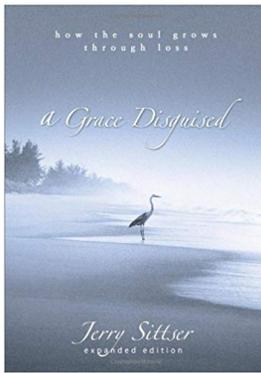
This is the definitive book on boundaries. It will help you learn when to say yes and know how to say no in order to take control of your life and set healthy, biblical boundaries with your spouse, children, friends, parents, co-workers, and even yourself.



## God Attachment: Why You Believe, Act and Feel the Way You Do About God

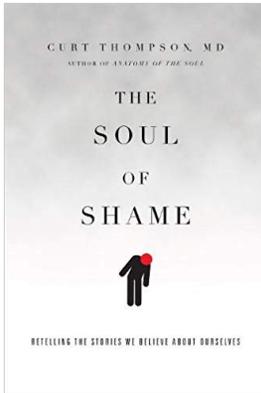
by Dr. Tim Clinton and Dr. Joshua Straub

This book has helpful self-assessments, interesting questions, and surprising revelations that will challenge you personally to become securely attached to God in a way that can have positive effects on your attitudes, approach to life, and overall life satisfaction.



**A Grace Disguised: How the Soul Grows Through Loss** by Jerry Sittser

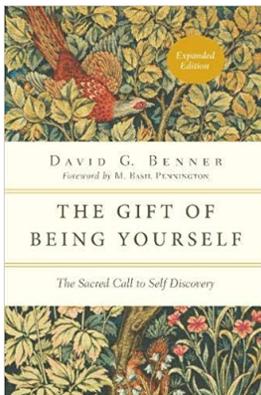
This book plumbs the depths of sorrow, whether due to illness, divorce, or the loss of a loved one. The circumstances are not important; what we do with those circumstances is. When we come to the end of ourselves, we can come to the beginning of a new life.



**The Soul of Shame: Retelling the Stories We Believe About Ourselves**

by Curt Thompson, M.D.

Shame seeks to destroy your identity in Christ, but God is telling a different story for your life. Rewrite your story and embrace healing and wholeness as you discover and defeat shame's insidious agenda.



**The Gift of Being Yourself: The Sacred Call to Self-Discovery**

by David Benner

Self-understanding leads to the fulfillment of your God-given destiny and vocation. You don't need to try to be someone you are not. You will deepen your experience of God through discovering the gift of being yourself.

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