



Taking Back Your Life...One Thought at a Time: *
Letting Go of Your Past * Enjoying the Present *
Looking Forward to the Future

Annie Chapman

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If you struggle with strong negative emotions, Annie Chapman wants to help. Laying the foundation of God's love and His promises to comfort and heal you, Annie explores some of the countless ways He reaches out to restore your serenity. She shares her own escape from anger and bitterness and draws on God's Word to reveal how you too can experience peace and joy during your journey. You'll find...

- specific steps to achieving emotional and spiritual healing
- encouraging Scriptures that reveal the hope you have in Jesus
- candid insights on the results of holding on to negative emotions
- a clear understanding of the roles God and you play in your healing
- tools for keeping new problems manageable

"I now look with greater joy and understanding on my past, my present, and my future," Annie says. *Taking Back Your Life...One Thought at a Time* will help you achieve the happiness and contentment you long for.

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