



Life's Healing Choices Guided Journal: Freedom from Your Hurts, Hang-ups, and Habits

John Baker

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Everyone has a hurt, hang-up, or habit that they want to conquer, and this guided journal will help change lives through the power of personal reflection.

This is not simply a book of blank pages for writing. This journal prompts readers throughout the book to direct their thoughts in a healthy direction so they can recognize the hurts in their lives, the hang-ups that limit them, or the habits that control them. As they write down their responses, readers discover the natural steps to recovery and are able to express themselves in helpful and healthy ways while moving into a fuller life.

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