



## Emotional Freedom: The Choices We Must Make

By Jane Ault

WestBow Press, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How satisfied are you with your level of emotional and spiritual maturity? Do you feel discouraged by lack of progress in your spiritual life? Frustrated by failures to follow through on your good intentions? Embarrassed by discrepancies between your outer appearance and inward reality? Stuck in damaging emotions-such as anger, resentment, and revenge? If yes is your answer to any of these questions, be encouraged. In Emotional Freedom, Jane Ault shows you how to move from the bondage of emotional dysfunction to the freedom of emotional integrity so that you can grow toward spiritual maturity. Stories by those who have moved from anger to self-control, resentment to joy, and revenge to forgiveness inspire you to persevere in your healing journey. The Tree model of emotion expands your understanding of emotion. The dance called Choosing Grace tells you how to cooperate with God so that you can receive his grace and power. Maps of anger, resentment, and revenge help you recognize stages in the development of addictive emotion. Maps of self-control, joy, and mercy show you steps in...



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