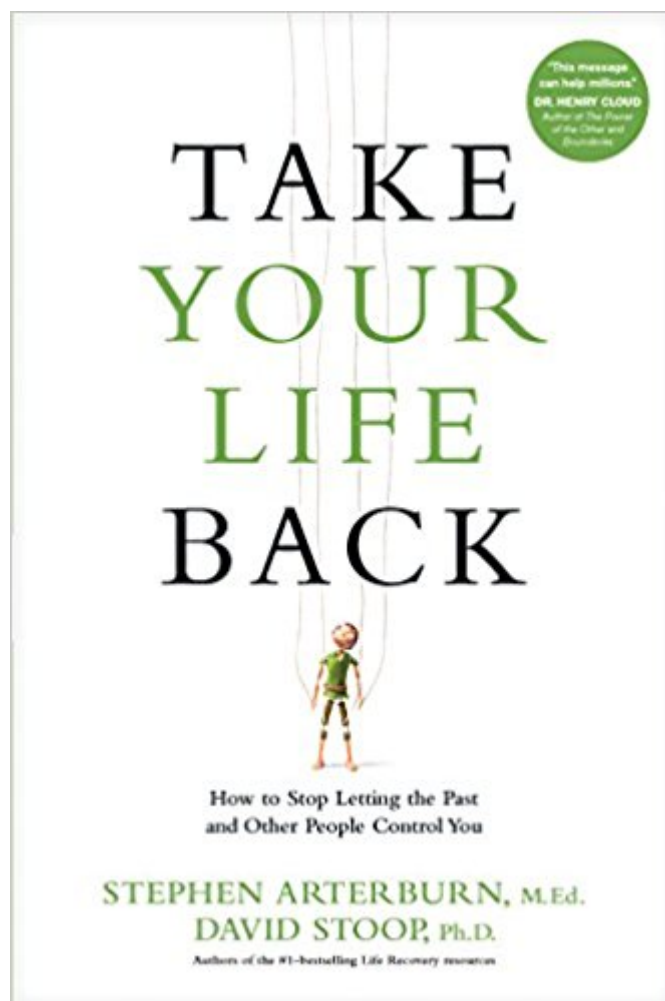




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# Take Your Life Back: How To Stop Letting The Past And Other People Control You



## Synopsis

“I want to have better relationships . . . but is it all on me to fix things?” “This person’s approval means everything to me. It’s like it controls me.” “Why can’t I get free from this cycle?” If you find yourself having these feelings, it’s time to take your life back. Through personal examples, clinical insights, and spiritual truth, Stephen Arterburn and David Stoop will show you how to overcome the habits and history that are keeping you down and take new, positive steps toward change; heal from the hurts, setbacks, and broken relationships that affect you every day; develop better boundaries with others in your life; stop overreacting and start responding appropriately to any situation or circumstance; break the cycle of behavior that harms you and your relationships; find the freedom you have longed for. Your past and current circumstances don’t have to define you, and they don’t have to determine the direction of your life. *Take Your Life Back* is the key to moving from reactive attitudes and behaviors to healthy, God-honoring responses that will help you live the life you were meant to live.

## Book Information

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## Customer Reviews

Any book by Steve Arterburn is a welcome event. But this book is especially timely. Read it and be instructed, inspired, and encouraged. (Max Lucado)

Stephen Arterburn is founder and chairman of New Life Clinics, host of the daily "New Life Live!" national radio program, a nationally known speaker, and the bestselling author of more than two dozen books. --This text refers to the Hardcover edition.

This book was so good that halfway through reading the one I borrowed from the library I had to order the book and workbook for myself. It was all I could do not to highlight the library book because there are so many helpful ideas. I would highly recommend!

My Husband and I are in a Bible study group with 4 other couples. We just finished chapter 3 and we are loving it. It is helping us understand a lot about why we are the way we are. I think I will be buying it for other couples as well but would be great for any individual as well since we all have issues.

I loved this book! The concepts in it are clearly explained and applicable solutions offered that can help readers take their lives back rather than living in a perpetual state of victimization!

Perfect! I'm in awe! Not only I do understand now what has happened to me and why, but I'm taking my life back with every sentence written! It wouldn't be possible without this book, where the God's word helps to "Take Your Life Back".

Excellent develop skills to live a whole LIFE

This is a must read for anyone who feels stuck or simply needs a little nudge in order to move along the path of healing and wholeness.

Again, another book by Stephen Arterburn dealing with relationships from the past that continue to effect me/you. I highly recommend!

This is an awesome book - helpful in understanding life issues!

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