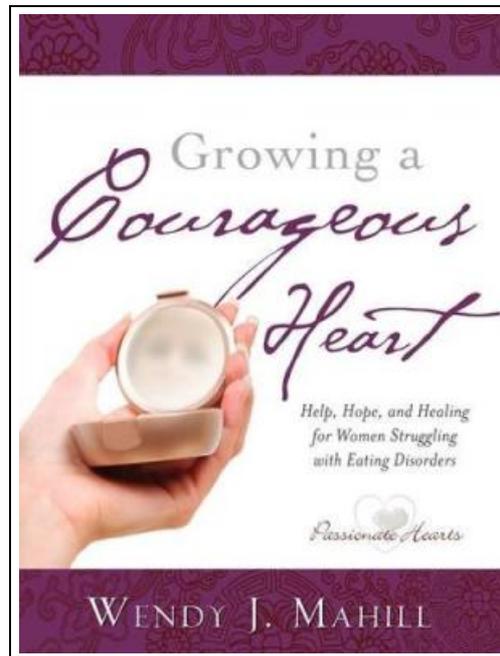


## Growing a Courageous Heart



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### **Reviews**

*Extremely helpful to all of group of individuals. It really is loaded with knowledge and wisdom Its been designed in an extremely basic way and is particularly simply after i finished reading through this ebook where actually altered me, affect the way i believe.  
(Lily Ryan)*

## GROWING A COURAGEOUS HEART



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Xulon Press. Paperback. Book Condition: New. Paperback. 248 pages. Dimensions: 10.9in. x 8.1in. x 0.6in. Growing a Courageous Heart is a Christ-centered curriculum for women in recovery for all types of eating disorders. It provides clear definitions of eating disorders and explores the physical damage they cause, their protective denial systems, their root causes, and their cognitive processes. It also explores, emotional, relational and spiritual damage caused by eating disorders and provides practical tools for overcoming them. The curriculum could be used in support groups or in one-one therapy sessions. Even those who struggle with disordered eating patterns and body image problems would also benefit from studying this material. This curriculum will help eating disorder survivors grow in their relationship with God and with others as they courageously face fears concerning food, relationships, life, and body image. Itll help remove the shame of having eating disorders as women learn to depend on God for healing in this area of their lives. Growing a Courageous Heart is packed with incredible material to assist those suffering with disordered eating. Wendy addresses the physical, emotional, cognitive, and spiritual struggles that people face daily. While Growing a Courageous Heart is user friendly, it addresses the deeper complexities unique to eating disorders. Many of my clients have successfully worked through the book, some individually and others in a group setting. I highly recommend Wendys book for those needing help to overcome disordered eating patterns. Nancy Keller, MFT Wendy Mahill has created another great tool for healing. Just like Growing A Passionate Heart for sexual abuse, Growing A Courageous Heart for eating disorders is thorough, grace-filled, and a giant step on the road to healing and living free. Steve Arterburn Founder and Chairman of New Life Ministries Founder of the Women of Faith Conferences This item ships...



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