



Take Your Life Back Workbook: Five Sessions to Transform Your Relationships with God, Yourself, and Others

Stephen Arterburn, David Stoop

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A five-session journey toward meaningful change and new life for individuals and groups.

Have you ever invested time and energy in something that really mattered to you?and you weren't sure you would succeed? Taking your life back can feel like that. It's a big risk to try to overcome the fears, wounds, and patterns that are holding you back in life.

But nothing is impossible . . . if we put our trust in God.

The *Take Your Life Back Workbook*, a companion resource to the groundbreaking book *Take Your Life Back*, is designed to help you do just that. Recovery and relationship experts Stephen Arterburn and Dr. David Stoop lead you through five sessions designed to help you take your life back by:

- understanding the recurring issues that get in your way?where they came from, how they're influencing you right now, and what to do about them;
- inviting God to use all of your experiences?both positive and negative?to build your relationship with him;
- equipping you with exercises, reflection questions, action steps, and prayers as you move forward;
- putting your past in perspective and stepping into a brighter future.

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People live in this new day of lifestyle always make an effort to and must have the extra time or they will get wide range of stress from both day to day life and work. So , when we ask do people have spare time, we will say absolutely of course. People is human not really a huge robot. Then we inquire again, what kind of activity do you have when the spare time coming to you of course your answer will unlimited right. Then do you try this one, reading books. It can be your alternative throughout spending your spare time, typically the book you have read is definitely Take Your Life Back Workbook: Five Sessions to Transform Your Relationships with God, Yourself, and Others.

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