



# Finally Free: Living In Peace By Releasing Your Past

*Jennifer Kostyal, Karen Hardin*

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# Finally Free: Living In Peace By Releasing Your Past

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## **Finally Free: Living In Peace By Releasing Your Past** Jennifer Kostyal, Karen Hardin

Current statistics reveal that 1 in 4 girls and 1 in 6 boys are sexually abused before the age of 18. Jennifer Kostyal became one of those statistics. Jennifer's story reads like a Hollywood movie. The blonde, blue-eyed beauty pageant winner was raised in a religious cult, molested for ten years by a family member and later became involved in abusive relationships as an adult. Finally, on the verge of mental collapse, she made the decision to end her own life and would have except for a miraculous intervention. It was the turning point to Jennifer's eventual healing in every aspect of her life. Finally Free is more than just a miraculous testimony of God's grace as Kostyal shares teaching and insight that helped set her free from rejection, fear, anger, low self esteem, and the host of issues common to those who have experienced sexual, mental and physical abuse. Finally Free: How to Live in the Present by Letting Go of the Past is more than a story of survival. It is your step-by step manual to walk out of the darkness of your pain and enter into the light of hope and healing that leads to your destiny. God wants you to realize that when you are Finally Free, you are no longer defined by your painful past, but rather, the peace and joy of your future.

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