



Emotionally Free - Second Edition: Second Edition a Prescription for Healing Body, Soul, and Spirit

By Grant Mullen M D

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Brand New Book ***** Print on Demand *****.Are you struggling to control your thoughts, moods, and emotions? Are you tired of always living with a sense of spiritual defeat? God wants us to be more than saved. He wants us to be transformed by the renewing of our mind. Emotionally Free will show you how you can be transformed in body, soul, and spirit. You will discover a freedom you never knew was possible and reach a better understanding of how to resolve depression, anxiety, and mood swings. As a Christian mental health physician, Dr. Grant Mullen has observed the constant struggle that so many Christians live with every day. Many churches rarely acknowledge this struggle. Through patient interviews and his own journey, Dr. Mullen found three links in the chain of emotional bondage that keep Christians bound spiritually, mentally and emotionally. Emotionally Free describes those three links and how with God's help we can be set free to live a transformed and victorious life. Learn how to assess your thoughts, personality, and spirit. Emotionally Free puts an end to the...



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