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Growing a Courageous Heart

By Wendy J. Mahill

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. It'll 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...



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Reviews

I actually started looking over this publication. It really is rally interesting throgth studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dana Hintz**

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

-- **Elisa Reinger**