

## Restoring My Soul A Workbook For Finding And Living The Authentic Self

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Restoring My Soul**Restoring My Soul A Workbook**

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Restoring My Soul is a step-by-step personal guide to YOUR Authentic Self. It allows you to discover both the masks and costumes with which you have identified and the Authentic Self.

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Restoring My Soul: A Workbook for Finding and Living the Authentic Self Synopsis As infants who only understood oneness with the mother, we were surrounded by people, attitudes, traumas, relationship dynamics and all manner of parental projections with which we identified. We, therefore, hung our name tags on our parents' old unresolved

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As infants who only understood oneness with the mother, we were surrounded by people, attitudes, traumas, relationship dynamics and all manner of parental projections with which we identified. We, therefore, hung our name tags on our parents' old unresolved and projected "stuff" in certain prescribed ways that formed a mask and a costume meant especially for us. Though we were mistaken in donning the mask and costume laid out for us, this mistake kept us attached to our caregivers, and/or helped us survive sometimes horrendous childhoods. But our survival technique has now become the albatross around our necks, while we walk the planks laid out for us by the roles we play. Do we imagine that our problems are really the result of some external force? Again, we are mistaken. Most of the problems that we have today have come about as a result of the role we play, its script and the choices we have made out of that identity. The solution lies in finding the Authentic Self. And yet, our world teaches us that finding the Authentic Self is, at best, a well-guarded secret passage of mythical proportions, and at worst, wasted time and effort, for it simply cannot be done. If we believe that, we are mistaken yet again. Not only is it possible to find and begin to live out of our authenticity, but it is the most hopeful journey we will ever take. It offers us the potential of a lasting peace, and yes, even joy. Working the pages of this book offers a practical yet deeply spiritual guide to finding and living the Authentic Self.

This Workbook is written to compliment the author's book "He Restores My Soul: A Path To Recovering From Grief". The goal is to challenge the reader to explore each chapter of the corresponding book on a personal level. The focus of the Workbook is to aid in emotional healing and recovery from the trauma of grief, as each reader journeys through the grief process at their own pace. This Workbook can also be used as an introduction to journaling as a means of expressing feelings which cannot be put into words.

"A revised version of Passion to Heal, this is a guide and workbook to help people overcome physical and mental ailments and addictions"--Provided by publisher.

Christian Notebooks Make Great Inspirational Gifts For Men, Women, Kids, & Teens! This beautiful Christian notebook/journal with Christian text or image on the cover, is the perfect journal to write in. Fill the pages with everything from prayers and praise, to devotionals, poems, gratitude, and reminders. It contains over 120 pages of perfectly lined paper, this inspiring notebook will quickly become a favorite journaling or writing companion. This Inspirational Christian Notebook features: A high quality soft-cover with matte finish that features inspirational scripture Custom 6x9 size provides ample room for writing but is compact and easily portable Christian Notebooks make perfect: Gifts for Religious & Christian Men, Women, Kids & Teens Pastor & Pastor Wife Appreciation Gifts Bible Camp & Sunday School Gifts Gifts for Mom & Grandma Birthday Gifts & Christmas Gifts for Her Stocking Stuffers & Gift Baskets Organizers, Planners & Diaries Notepads for Recipes, Lists & More Address & Phone Number Books Birthday & Anniversary Reminder Books And so much more... Express Yourself, Be Happy, and Choose Love.

Dr. Rutland shows hurting souls—and those who love them—a doorway of hope. This resource will give readers inner healing through Spirit-led counseling, prayer, Bible reading, and the power of God's grace.o's grace.

This book provides a well-researched biblical and scientific overview of abuse. A broad overview, it deals with the various types of abuse, the various effects of abuse, and the means of healing. Abuse can be sexual, physical, neglect, spiritual, and verbal. The chief arguments pursued throughout the book are: (1) abuse is far more rampant than most Christians realize, but due to human depravity and satanic influence, widespread abuse is predictable. (2) All types of abuse create profound, long-term soul damage due to the way abuse perverts various aspects of the image of God. (3) God is the healing redeemer. Human salvation came through horrible physical abuse. (4) Healing must take place in the context of relationships. Humans are deeply impacted by others due to being made in the image of God. Just as surely as abusive relationships have tremendous power to wound the soul, so healthy relationships have tremendous power to nurture and heal the soul. Questions answered in the book include: - How can a genuine believer abuse a child? - Why would someone abuse a child? - How can parents and childrens' workers identify abusers? - How can abuse victims heal? - What does genuine healing look like? - Is anger appropriate or hurtful for abuse victims? - Where does forgiveness fit in? Helpful sample child protection policy, application, screening interview, and warning signs of potential abusers equip ministry leaders. Illustrations, case studies, and art therapy drawings.

You don't have to live in your dream house to make your living spaces feel more like home. Home is meant to be a place to belong. A place to gather and connect. A place of beauty. A place to restore your soul. In Restoration House, author and designer Kennesha Buycys will encourage you to embrace your home and your story so you can create mindful spaces that give life to you, your loved ones, and all who enter. Tips from Restoration House have been featured in Better Homes and Garden, Apartment Therapy, Design Sponge, and The Washington Post. Kennesha will teach you how to: Make the best out of your living space, whether you're renting or a homeowner Create a home your visitors will feel comfortable in Decorate your home on a budget Make purposeful design decisions that are beautiful and functional Restoration House is ideal for: Christian women of all ages who want to make their houses feel more like home Housewarming gifts, Mother's Day, birthdays, and holiday gifting

Have you ever felt stuck in your Christian life? Have you wondered if the abundant life Jesus promised is really available for you right here and right now? If you answered yes to either of these questions, then this book is for you. This book will help you identify the spiritual growth barriers that are keeping you stuck as well as show you the way to experience more of the abundant life: a life characterized by more love, joy, peace, and hope than you ever dreamed possible before. Ken Baugh draws us into the inner workings of the brain and the heart, which inform how we process negative and traumatic experiences, but which also can be diverted from health and wholeness by such negative experiences. How we process hard things intellectually and spiritually recalibrates us toward either health and wholeness or bitterness and defeatism. Ken helps us rewire our brains by simmering in the Scriptures that remind us whom we belong to and what God has promised us. The end result is a resilient, robust faith prepared to weather every storm and keep in step with Jesus.

This Journal was written to compliment the "HE RESTORES MY SOUL: A PATH TO RECOVERING FROM GRIEF " book and the "HE RESTORES MY SOUL WORKBOOK: A PATH TO JOURNALING THROUGH GRIEF" by the same author. The power of journaling is and aid to the healing process as one recovers from losses.

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