



A Journey to Emotional Freedom

Mark A. West

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As small children, we develop beliefs that come as a direct result of the things we experience in our family of origin...whether those experiences were good or bad. Throughout our lives, these strongly held beliefs have deep and lasting impact on our choices, our relationships and the way we view God even as adults. Because of childhood trauma and pain, we sometimes begin to believe lies about ourselves, our relationship with God and our place in this world. Faulty belief systems very often result in dysfunction, depression and destructive behaviors. Understanding God's unconditional love for us along with the application of sound biblical principles of conflict resolution will bring about deep emotional healing. We can then move beyond the pain of the past and into a place of sustained emotional health. While not primarily a self-help workbook, this material is ideal for personal study, small group settings, discussion forums and is an excellent discipleship tool.

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