



Take Control of What's Controlling You: A Guide to Personal Freedom

Stephen Arterburn

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We've all known someone who just can't seem to break free of a cycle of self-defeating and destructive behavior based on personal appetites that are out of control. Or perhaps we've suffered the consequences, big or small, of addictive behavior in our own lives. Stephen Arterburn offers insight and hope for anyone whose life has spun out of control due to addictions. His revolutionary and refreshing approach to recovery positively recognizes and affirms that our capacity to enjoy and savor life is a gift from God that must be fed for us to be healthy. From there, he helps readers identify and understand what personal needs they are really seeking to fulfill through their problematic behaviors, and lays out a proven step-by-step plan that enables them to reclaim control of their relationships, career, personal happiness-and life.

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