

# Stop pretending everything is fine and **change your life**



Looking for a way out of an inauthentic, superficial spirituality to genuine freedom in Christ? This study is for every woman who thinks, “I can’t keep pretending everything is fine!” and who wants to discover the path to emotional health. With grace and understanding, Geri Scazzero shows that when women quit those things that are damaging to the soul, they are freed to choose new ways of being and relating that are rooted in love and that lead to life.

## SESSIONS INCLUDE

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1. Quit Being Afraid of What Others Think
2. Quit Lying
3. Quit Dying to the Wrong Things
4. Quit Denying Anger, Sadness, and Fear
5. Quit Blaming
6. Quit Overfunctioning
7. Quit Faulty Thinking
8. Quit Living Someone Else’s Life

Info: