



Life's Healing Choices: Freedom from Your Hurts, Hang-ups, and Habits

By John Baker

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Life's Healing Choices: Freedom from Your Hurts, Hang-ups, and Habits

By John Baker

With a foreword by Rick Warren, author of *The Purpose Driven Life*, this life-changing book helps you find true happiness—if you choose to accept it.

LIFE HAPPENS.

Happiness and Healing are yours for the choosing.

We've all been hurt by other people, we've hurt ourselves, and we've hurt others. And as a result, every single one of us ends up with some sort of *hurt*, *hang-up*, or *habit*. But the question we all face is, *Where do we go from here?*

Life's Healing Choices offers freedom from our hurts, hang-ups, and habits through eight healing choices that promise true happiness and life transformation. Using the Beatitudes of Jesus as a foundation, Senior Pastor Rick Warren of Saddleback Church and John Baker, who is also a pastor at Saddleback, developed the eight choices shared in this book.

In addition to practical, encouraging biblical teaching, each chapter includes two real-life stories of men and women whose lives have been transformed by living out the eight choices in this book. Through making each of these choices, you too will find God's pathway to wholeness, growth, spiritual maturity, happiness, and healing. You'll find real answers, real hope, and a real *future* -- one healing choice at a time.

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Editorial Review

From Publishers Weekly

A former pastor of the same Saddleback Church that's famous for bestselling author Rick Warren (who provides the foreword), Baker designs an eight-step Christian recovery program geared toward enjoying spiritual freedom from hurts, hangups and bad habits. Baker's book is based on Warren's sermon series Road to Recovery, which has been tested in the lives of more than 400,000 people in 10,000 churches. Baker's eight steps to spiritual freedom (admitting need, getting help, letting go, coming clean, making changes, repairing relationships, maintaining momentum and recycling pain) promise to help Christians overcome many kinds of addictive behaviors. Baker likens them to AA's 12-step program, but clarifies that Christ is the source of lasting change. He writes that as believers refuse to admit their powerlessness to overcome tendencies to do wrong, their lives are fraught with fear, frustration, fatigue and failure. The cure? Admitting weakness with a humble heart; then praying, writing and sharing with others about the problem. Each chapter includes moving narratives of participants in Baker's program who express how its principles changed their lives. These practical, pithy how-tos will galvanize Christians into action with the simplicity of Baker's easy-to-actualize plan. (Sept.)

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Review

"You will be inspired, and your life will be changed in dramatic ways as you read through the pages of this book." —Rick Warren, author of *The Purpose Driven Life* (Rick Warren, author of *The Purpose Driven Life*)

"Sometimes, recovery, healing, and spiritual growth are talked about as if they are three different topics. What I like about John's work is that he brings them all together, and we find that no matter what our issues, we are all on the same path. *Life's Healing Choices* will be a help along that path to all who read it." —Dr. Henry Cloud, author of *Boundaries* (Dr. Henry Cloud, author of *Boundaries and Integrity*)

"This is a book whose time has come. John Baker's worldwide ministry and reputation, coupled with a strong biblical approach, make this book a must for anyone who hurts and wants God to heal them. My personal friendship with John and years of involvement in his work have shown me his heart, his calling, and his gifts to the world. I highly recommend this book." —Dr. John Townsend, psychologist, author of *Who's Pushing Your Buttons?* and coauthor of *Boundaries* (Dr. John Townsend, psychologist, author of *Who's Pushing Your Buttons?* and coauthor of *Boundaries*)

About the Author

John Baker is the founder of Celebrate Recovery, a ministry started at Saddleback Church. Over the last twenty-three years, it is estimated that more than 3.5 million people have gone through this Christ-centered recovery program. There are currently 30,000+ churches that have weekly meetings. John and his wife Cheryl have been married over four decades and have served together in Celebrate Recovery since 1991. They have two adult children, Laura and Johnny, and five grandchildren.

Rick Warren was born in San Jose, California, and founded Saddleback Church in Lake Forest, California, in 1980. He is the *New York Times* bestselling author of *The Purpose Driven Life*. He earned a Bachelor of Arts degree from California Baptist University, a Master of Divinity from Southwestern Theological Seminary, and a Doctor of Ministry degree from Fuller Theological Seminary. Rick and his wife, Kay, live in Trabuco Canyon, California, and have three children.

Users Review

From reader reviews:

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Richard Shumate:

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Dorothy Penland:

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