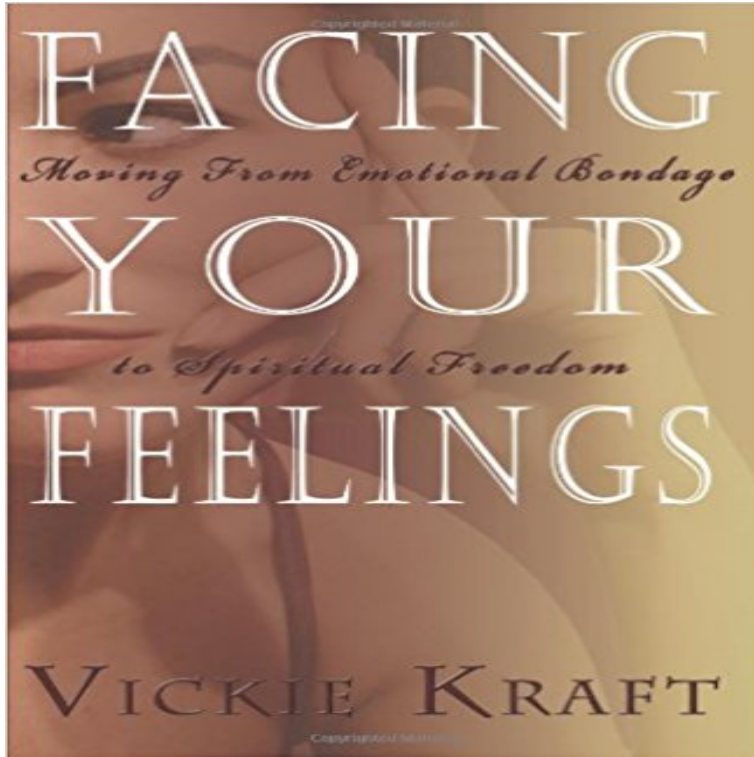


# Facing Your Feelings: Moving from Emotional Bondage to Spiritual Freedom



Vickie Kraft has seen it time and again--women who want to grow spiritually, but are slowed by unresolved and emotional issues. The process of developing emotional maturity, Kraft explains, is entwined with the process of growing spiritually. Each area affects the other--for better or worse. Kraft shares how women can make great strides in spiritual growth by learning to handle emotions maturely. Rather than being victims of emotions--by stuffing them or allowing them to run unchecked--women can learn to face their feelings and become stronger, more loving Christians. Publisher: Biblical Studies Press Paperback: 5.5x8.5 Pages: 240 ISBN: 0-7375-0117-0

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