

Eyes Wide Open Healing Group: Leader Guide (Paperback)



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Reviews

I just started off reading this article publication. It is definitely simplistic but surprises in the 50 percent of your ebook. You are going to like how the author create this publication.

(Clint Labadie)

EYES WIDE OPEN HEALING GROUP: LEADER GUIDE (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Emotional eating. It s a rising epidemic. Millions of women find themselves stuck in a cycle of negative thinking and destructive behaviors when it comes to food and body-image. Eyes Wide Open Healing is designed to help women break the chains of food and body-image and discover their true identity. This 10-week Healing Group program coincides with Kimberly Davidson s book Eyes Wide Open. The leader guide provides detailed information and bonus material so that you can effectively lead a group in your own setting. This program focuses on the spiritual and emotional aspects of healing. Through community-based support and individual study our ten-week healing program helps women: * Toss out toxic thoughts * Replace food and body-image lies with biblical truth * Break free from disordered eating * Love themselves for who they are * Discover their true identity * Grow closer to God * Develop authentic relationships with other women * And more! *NOTE: This program is not intended to take the place of medical or psychological care. What Women can Expect: * Weekly meetings (approx. 2 hours) * Homework (w/light reading questions) * A safe/loving environment to share and be themselves * Biblical truth to replace worldly lies * Support and encouragement from leaders and other participants * Practical tools to help them learn, grow, and live in freedom * 10-week commitment.



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