

## DOWNLOAD THE EMOTIONALLY HEALTHY WOMAN WORKBOOK EIGHT THINGS YOU HAVE TO QUIT TO CHANGE YOUR LIFE

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The Emotionally Healthy Woman was birthed out of a long journey to identify and quit behaviors that, while socially acceptable in the church, are lethal to the soul. These habits do not belong to Christ's kingdom. The "œquits," the choice to do something different, emerged over a fifteen-year period.

### **The Emotionally Healthy Woman**

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### **The Emotionally Healthy Woman: Eight Things You Have to**

In The Emotionally Healthy Woman, Geri provides you a way out of an inauthentic, superficial spirituality to genuine freedom in Christ. This book is for every woman who thinks, "I can't keep pretending everything is fine!" The journey to emotional health begins by quitting. Geri quit being afraid of what others think. She quit lying.

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### **The Emotionally Healthy Woman | Download eBook PDF/EPUB**

She is the author of The Emotionally Healthy Woman and The Emotionally Healthy Woman Workbook/DVD and coauthor of the bestselling Emotionally Healthy Spirituality Course and The Emotionally Healthy Skills 2.0 curriculum. Geri, along with her husband, Pete, is the cofounder of Emotionally Healthy Spirituality, a groundbreaking ministry that ...

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tify the primary symptoms of emotionally unhealthy spirituality that continue to wreak havoc in our personal lives and our churches. The following are the top ten symptoms indicating if someone is suffering from a bad case of emotionally unhealthy spirituality: 1. Using God to run from God 2. Ignoring the emotions of anger, sadness, and fear 3.

### **CHAPTER TWO THE TOP TEN SYMPTOMS OF EMOTIONALLY UNHEALTHY**

She is the author of The Emotionally Healthy Woman and The Emotionally Healthy Woman Workbook/DVD and coauthor of the bestselling Emotionally Healthy Spirituality Course and The Emotionally Healthy Skills

2.0 curriculum. Geri, along with her husband, Pete, is the cofounder of Emotionally Healthy Spirituality, a groundbreaking ministry that equips churches in a deep, beneath-the-surface spiritual formation paradigm that integrates emotional health and contemplative spirituality.

### **The Emotionally Healthy Woman: Geri Scazzero**

The Emotionally Healthy Woman is a book not just for a woman who may have past hurts, although itâ€™s for her too, but itâ€™s for all women â€” women who may not be able to say no, women who over-function, women who blame, women who

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### **The Emotionally Healthy Woman: Eight Things You Have to**

Designed for use with the Emotionally Healthy Woman Video Study (sold separately). Author Bio Geri Scazzero is the cofounder of New Life Fellowship Church in Queens, New York, where she serves on staff as a trainer in marriage and spiritual formation.

### **Emotionally Healthy Woman Study Guide - Christianbook.com**

In The Emotionally Healthy Leader, best-selling author Peter Scazzero shows leaders how to develop a deep, inner life with Christ, examining its profound implications for surviving stress, planning and decision-making, building teams, creating healthy culture, influencing others, and much more.

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Geri Scazzero is the cofounder of New Life Fellowship Church in Queens, New York, where she serves on staff as a trainer in marriage and spiritual formation. She is the author of The Emotionally Healthy Woman Workbook/DVD and coauthor of the bestselling Emotionally Healthy Spirituality Course and The Emotionally Healthy Skills 2.0 curriculum.

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