



Life Transformed: How to Renew your Mind, Overcome Old Habits, and Become the Person God Designed You to Be

John Loren Sanford, R Loren Sanford

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Break free from the thoughts that are holding you captive

Have your thoughts become stumbling blocks to your progress? Do old feelings come back again and again to haunt you?

To live the life God has for you, it is not enough to just address your habitual patterns of *behavior*. Your *mind* must learn to think in new ways. Routine tracks of thought must be overcome before the new way of God can be built. *Life Transformed* provides a practical approach to spiritual transformation, teaching you how to...

- Confront the issues of the mind head-on with biblical truth
- Overcome your destructive thoughts
- Take control of your life
- Become the person God wants you to be

Life Transformed is about renewing your mind...like hitting the default button and taking you back to your origin in God before you were broken by sin. Its revolutionary approach will still the battleground where your thoughts and feelings rage.

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From reader reviews:

Brian Lopez:

A lot of people always spent all their free time to vacation or even go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you want to try to find a new activity that's look different you can read a new book. It is really fun for yourself. If you enjoy the book that you read you can spent all day every day to reading a reserve. The book Life Transformed: How to Renew your Mind, Overcome Old Habits, and Become the Person God Designed You to Be it is very good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. If you did not have enough space to bring this book you can buy typically the e-book. You can m0ore very easily to read this book from your smart phone. The price is not very costly but this book offers high quality.

Calvin Lee:

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