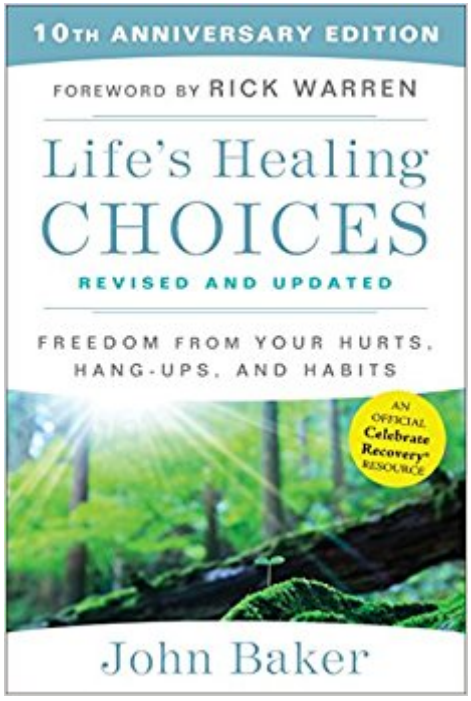
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Life's Healing Choices Revised And Updated: Freedom From Your Hurts, Hang-ups, And Habits



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Synopsis

With a foreword by Rick Warren, author of The Purpose Driven Life, this revised and updated edition will help you find true happinessÃ¢â ¬â •if you choose to accept it.WeÃ¢â ¬â„¢ve all been hurt by other people, weÃ¢â ¬â„¢ve hurt ourselves, and weÃ¢â ¬â„¢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? Ten years after the original edition of LifeÃ¢â ¬â„¢s Healing Choices, this newly revised edition contains updates to basic teaching principlesÃ¢â ¬â •based on ten yearsÃ¢â ¬â„¢ experienceÃ¢â ¬â •as well as new and contemporary testimonies. Using the Beatitudes of Jesus as a foundation, Rick Warren and John Baker, pastors at Saddleback Church, developed the eight choices shared in this book. In addition to practical, encouraging biblical teaching, each chapter includes two real-life testimonies 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 GodÃ¢â ¬â„¢s pathway to wholeness, growth, spiritual maturity, happiness, and healing. YouÃ¢â ¬â„¢ll find real answers, real hope, and a real futureÃ¢â ¬â •one healing choice at a time.

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Customer Reviews

Ã¢â ¬Å“This is a book whose time has come. John BakerÃ¢â ¬â„¢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.Ã¢â ¬Â• Ã Â (Dr. John Townsend, psychologist, author of WhoÃ¢â ¬â„¢s Pushing Your Buttons? and coauthor of Boundaries)"You will be inspired, and your

life will be changed in dramatic ways as you read through the pages of this book."Ã Â (Rick Warren, author of The Purpose Driven Life)

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.

This is an awesome book, written by John Baker, the founder of Celebrate Recovery, a 12 Step program based on biblical principles. I ordered three copies of the book, one to keep for myself and the two others went to friends. The full title is actually Life's Healing Choices: Freedom from Your Hurts, Hang-ups, and Habits and includes a forward by Saddleback Church's senior pastor, the author of The Purpose Driven Life, Rick Warren.John Baker, a former pastor at Saddleback Church, based this book on the eight steps to spiritual freedom (admitting need, getting help, letting go, coming clean, making changes, repairing relationships, maintaining momentum and recycling pain) to help Christians overcome many kinds of addictive behaviors.This was taken from John BakerÃƒÂ¢Ã â ¬Ã â„¢s Biography: "John Baker is the founder of Celebrate RecoveryÃƒâ Ã Â®, a ministry born out of the heart of Saddleback Church. Over the last sixteen years, nearly 10,000 individuals have gone through this Christ-centered recovery program at Saddleback. The Celebrate Recovery program is now being used in 12,000 churches nationwide. Over 500,000 individuals have completed the program.This book is very well written, easy to understand and follow and can help anyone who wants to make the choices necessary to start on their own personal journey, their own road to recovery, from life's hurts, hang-ups and habits.

I have gone through the 12 Steps and have studied and taught it. The Steps are amazing in all they do and the lives they have touched. I found this book a good "condensed" version. Not sure if that is

the correct term but this book simplifies with being simplistic and presents a great initial exposure that should be a first step leading to the 12 Steps. It is a great read for families who have loved ones going through addiction struggles to help them better understand the situation and how to help and not hurt. So often we think of addicts, but addiction affects the entire family, even if they do not realize what it is that is affecting them.

This book has been positively life changing. I have read and re-read it multiple times, especially chapter 1, "realize I am not God." This book really helped me to understand the intersection of the Twelve Steps and Christianity. And this material is not just for recovery for substance use. I apply if for recovery from codependency. Thank you to the Celebrate Recovery team for this great resource.

I have been sober in AA for 27 years, but just came across Celebrate Recovery due to someone who is new to recovery. I was unfulfilled with the endless discussions in AA about whether or not God was Buddha, Christ, or a doorknob, because I am a Christian. I'm grateful to AA, and this method is not in opposition to AA, but will be helpful for anyone who wants a more positive approach to recovery. Recovery is for anyone with a hurt, habit or hangup, which is all of us. And this book brings the healing power of Christ into the equation. Very powerful! I can't believe I didn't know about Celebrate Recovery until now.

I love Jesus, my faith community and the 12 Steps of Codependent Recovery. I'm sure many will find value and receive help by reading this book, however it didn't speak to me. Sometimes Christian books feel too laden with an agenda and it feels like trading one script for another to avoid punishment, rather than owning my truth in the presence of unconditional love. A big part of recovery is connecting to our truth which is tough to do when a very specific agenda is in the way. His law is love. His gospel is peace. I prefer Melody Beattie's work.

If you aren't going through a Celebrate Recovery Step Study (I highly recommend you do that!), this is a good book to understand the basics of Celebrate Recovery and the 8 Principles. In a Step Study, you will go through 4 Guide Books/workbooks that cover what is in this book but more in depth. This was written in 2007 and back then I guess, they were being called the 8 Choices--now they are called the 8 Principles. Celebrate Recovery may not be for everyone but what Celebrate Recovery offers IS for EVERYONE!!! Go to a Celebrate Recovery meeting and find out how you can find healing for your hurts, hang ups and habits! It's really not only for "those" people! We ALL have

hurts, hang-ups & habits that need God to heal and this is what God is using in millions of lives--it's all over the world!!

Already wrote a review about Small Group Study that goes along with this book and it's worth it to have both books when you do a small group. Places where we can write our hearts answers with the good Lord's help. This book is so good and for EVERYONE to read as we all have hang ups, hurts, attitudes that needs our Lord's attention and help. Thank you John Baker for all you have done forming Celebrate Recovery and please know many are the prayers for the people who attend the sharing times. The Lord is in the healing business if we just ask Him to help us everyday of our lives. "With God All Things Are Possible." Matt 19;26

WOW! I have worked the steps many times through AA. Which by the way saved my life. My spiritual journey has led me back to Christ. This book is must read when you start your recovery journey. This is the most comprehensive book to prep you to working the steps. I have gifted this book to many friends in recovery. My hurts, habits and hang ups are not unique. John Baker's book is the best guideline for discovering what has been holding me back in my relationship with Jesus and healing me and my relationship with others. He aligns the biblical principals using the beatitudes. Who knew the 12 steps came straight out of the bible.

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