



Life's Healing Choices: Freedom from Your Hurts, Hang-ups, and Habits

John F. Baker Jr.

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LIFE HAPPENS.

Happiness and Healing are yours for the choosing.

We've all been hurt by other people, we've hurt ourselves, and we'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?*

Life's Healing Choices offers freedom from our hurts, hang-ups, and habits through eight healing choices that promise true happiness and life transformation. Using the Beatitudes of Jesus as a foundation, Senior Pastor Rick Warren of Saddleback Church and John Baker, who is also a pastor at Saddleback, developed the eight choices shared in this book.

In addition to practical, encouraging biblical teaching, each chapter includes two real-life stories 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 God's pathway to wholeness, growth, spiritual maturity, happiness, and healing. You'll find real answers, real hope, and a real *future* -- one healing choice at a time.

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