

<<自在作自己Approval Addic>>

图书基本信息

书名：<<自在作自己Approval Addiction>>

13位ISBN编号：9780446695510

10位ISBN编号：0446695513

出版时间：2005-4

出版时间：艺洲

作者：Joyce Meyer

页数：255

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

<<自在作自己Approval Addic>>

内容概要

Meyer, author of the million-copy bestseller *Battlefield of the Mind* plus more than 60 other books, addresses the constant need some people have for approval. This need stems from insecurity, which, in Meyer's own case and in the case of many others, arises from abuse-physical, verbal or emotional-sometime in the past. After years of struggle, study and attempts to live out biblical teachings, Meyer happily reports that she now lives for God's approval alone. For readers beginning the journey to recovery, she offers biblical exposition and sound-if unoriginal-self-help advice. The first step, she says, is accepting who we are and where we stand in God's eyes. "We must learn to think about and believe in our righteousness," she declares. The second step is facing our approval addiction and the feelings of shame, guilt, anger and unforgiveness that come with it. Finally, we must break our behavior patterns in the future. Meyer admits that she "will always be a type-A... in fact, most of the time I am type A+." Her writing bears out her self-assessment: it's strong, pointed, no-nonsense and even pushy. But Meyer knows what she's talking about, truly loves God and wants people, with God's help, to overcome their addiction to human approval. Her goal? "I want you to become addicted to Jesus!" (Apr.5)

<<自在作自己Approval Addic>>

书籍目录

Introduction:Understanding Approval AddictionPAPT ACCEPTNG WHO WE ARE 1.Facing Fear and Finding Freedom 2.Knowing Who You Are 3.Conforming to Righteousness 4.Changing Your Self-Image 5.Loving YourselfPAPRT ADDRESSING OUR ADDICTIONS 6.Overcoming Approval Addiction 7.Pressing Past the Pain of Feelings 8.Pressing Past Guilt and Shame 9.Pressing Past Anger and Unforgiveness 10.Pressing Past a"People-Pleaser"Attitude 11.Pressing Past RejectionPAPT BREAKING THE PATTERN FOR THE FUTURE 12.Breaking Controlling Powers 13.Using Your PainConclusion:Living Complete in ChristNotesAbout the Author

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>