



Breaking the Addictive Cycle: Deadly Obsessions or Simple Pleasures

David Powlison

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You are bored or stressed or hurt. Something is hard in life and you want a break. What do you grab for that you hope will protect, soothe, and comfort? Whatever it is - shopping, overeating, drinking, drugs - promises relief, but never delivers. Instead, you are left feeling empty, anxious, guilty, and wanting more. In CCEF's *Breaking the Addictive Cycle: Deadly Obsessions or Simple Pleasures?*, David Powlison shares that God made us for rest and pleasure, not for an obsessed and unsatisfied life. Understanding the true pleasure that comes from loving God and enjoying the good gifts he has given us will reorder your thinking and bring you freedom from your obsessions. Take the practical suggestions that David Powlison outlines here and see how your pleasures increase and your obsessions decrease. All the minibooks in our Christian bookstore offer gospel-centered hope for everyday issues like parenting, marriage, and personal change. These easy-to-read discipleship and biblical counseling resources tackle life's toughest issues in 30 minutes or less. Minibooks are frequently used by pastors and ministry leaders to help others apply biblical wisdom to specific life issues. Churches, biblical counseling ministries, and missional organizations make the minibooks available in their acrylic display cases to further discipleship and gospel-centered living.

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Playing with family in a park, coming to see the marine world or hanging out with close friends is thing that usually you could have done when you have spare time, then why you don't try thing that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Breaking the Addictive Cycle: Deadly Obsessions or Simple Pleasures, you may enjoy both. It is good combination right, you still need to miss it? What kind of hangout type is it? Oh occur its mind hangout guys. What? Still don't obtain it, oh come on its named reading friends.

Sunday Richey:

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