



Take Your Life Back Workbook: Five Sessions to Transform Your Relationships with God, Yourself, and Others

Stephen Arterburn, David Stoop

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A five-session journey toward meaningful change and new life for individuals and groups.

Have you ever invested time and energy in something that really mattered to you?and you weren't sure you would succeed? Taking your life back can feel like that. It's a big risk to try to overcome the fears, wounds, and patterns that are holding you back in life.

But nothing is impossible . . . if we put our trust in God.

The *Take Your Life Back Workbook*, a companion resource to the groundbreaking book *Take Your Life Back*, is designed to help you do just that. Recovery and relationship experts Stephen Arterburn and Dr. David Stoop lead you through five sessions designed to help you take your life back by:

- understanding the recurring issues that get in your way?where they came from, how they're influencing you right now, and what to do about them;
- inviting God to use all of your experiences?both positive and negative?to build your relationship with him;
- equipping you with exercises, reflection questions, action steps, and prayers as you move forward;
- putting your past in perspective and stepping into a brighter future.

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