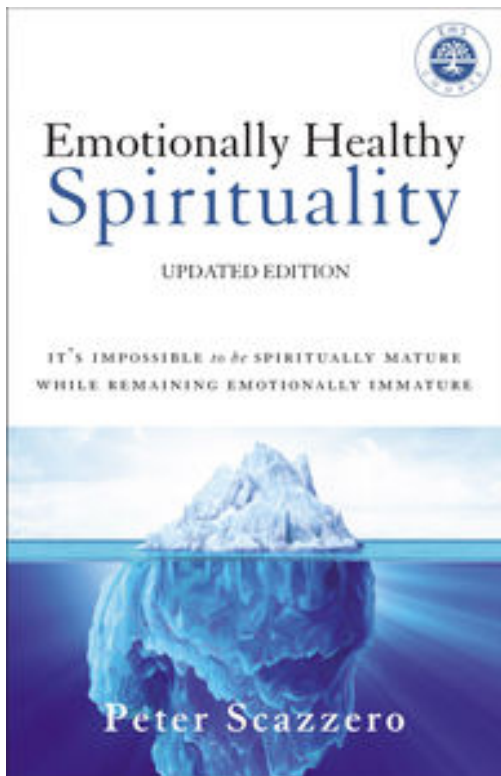


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Peter Scazzero learned the hard way: you can't be spiritually mature while remaining emotionally immature. Even though he was the pastor of a growing church, he did what most people do:

Avoid conflict in the name of Christianity
Ignore his anger, sadness, and fear
Use God to run from God
Live without boundaries

Eventually God awakened him to a biblical integration of emotional health and the spiritual practice of slowing down and quieting your life for to experience a firsthand

relationship with Jesus. It created nothing short of a spiritual revolution in Scazzero, in his church, and now in thousands of other churches.

In this updated edition, Scazzero shares new stories and principles as he outlines his journey and the signs of emotionally unhealthy spirituality. Then he provides seven biblical, reality-tested ways to break through to the revolutionary life Christ meant for you.

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