

Could You Use a Quick Win?

Life is busy! You want to make positive changes in your life and deal with the struggles and injustices life has thrown at you, but you don't have the time for lengthy and expensive classes.

We get it! That's why we've developed our Quick Win Homestudy series. Each workbook is a short, concise look at a specific topic that will help you make lasting changes in your life. Each package includes a brief introductory video and special bonus material, to help you get the utmost benefit out of each study.

Be sure to check back often . . . new titles are added regularly. Also watch for free study plans, coming soon!



Change Your Life

Discover the path to greater freedom and satisfaction

Are you feeling stuck? If you want to make lasting positive changes in your life, you must first figure out how you got where you are. Almost without exception, our choices and limitations are grounded in long forgotten wounds to our souls.

This Quick Win walks you through the process of discovering where you are, how you got there, and how to get healing for past wounds so you can move on to a place of greater freedom and satisfaction.

**COMING
SOON!**



Feel Free Again!

The Secret to Living Without Shame

Do you feel inferior to others? Do you hide some of your thoughts, problems, or behaviors for fear of being judged or criticized? Are you starting to suspect that you're particularly messed up or especially sinful? That's what shame does. It ultimately destroys our self-esteem and distorts our self-image.

But, shame is a burden that no ones need to carry.

This Quick Win will guide you through the proven steps to freedom from shame's ugliness and escalating destruction.

**AVAILABLE
NOW!**

\$49.00

Grab it Here!



Getting Grounded!

Gaining Greater Control over Unwanted Behavior

Grounding is a proven way to detach from intense emotional pain like cravings, self-harm impulses, sadness, anger, disassociation and traumatic flashbacks.

Using a simple set of strategies, it helps you gain control over your feelings and avoid undesirable consequences.

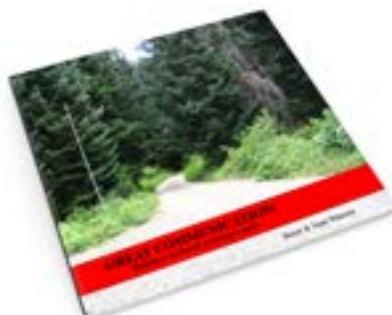
This Quick Win teaches you how to utilize this powerful tool to open the door to true healing and freedom.

CURRENTLY FREE!
with

Choosing Life;
Finding Freedom
weekly updates request
(Blue "Getting Grounded" box)
at

www.lifemoreabundant.net

(Regular price \$49.00)



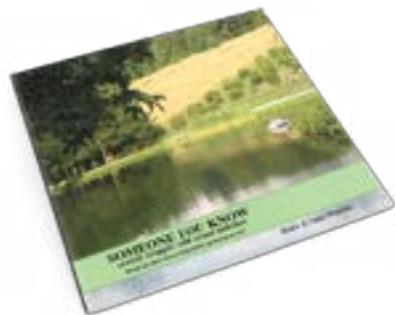
Great Communication!

Talking to be heard: Listening to learn

Many relationships struggle because of weak communication skills.

In this Quick Win, we'll explore the 8 common communication blockers and how to deal with them; find out how to set the stage for success; and how to avoid those inevitable shut-downs, blow-ups and walk outs that plague many conversation attempts. It's never too late to learn how to resolve conflict, feel heard and communicate clearly!

**COMING
SOON!**



Someone You Know

secretly struggles with sexual addiction

Have you ever wondered whether sexual addiction is real, or just an excuse? Would you know how to help if someone told you they were struggling with pornography, affairs or other sexual compulsions?

This Quick Win . . .

- Unravels the common myths and misconceptions about sexual addiction.
- Outlines the five things you *need* to share with either a struggler or their spouse
- Provides solid advice on how to assist them in finding the help they need.

CURRENTLY FREE!

with

Sisterhood of the Lonely Road

weekly updates request
(Yellow "Free E-book!" box)
at

www.partneronthejourney.com

(Regular price \$49.00)



Unpack Your Baggage!

The three amazing tools that can resolve every issue

We all have "baggage" that gets in the way of living our best life. The good news is, you don't have to keep dragging it around and stumbling over it.

God has give us three tools that, when used properly, will help eliminate all the issues that hold us back! This Quick Win will teach you how to activate them to improve YOUR life!

**COMING
SOON!**

We also invite you to visit our websites:

For Strugglers: lifemoreabundant.net

For Wives: partneronthejourney.com

E-mail us at: info@lifemoreabundant.net