



Breaking Through the Barriers

By Ph D Monica Hernandez

Word Alive Press, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Sometimes our hurts, fears, and shortcomings go as far back as our childhood and they stand in the way of our success, self-image, and spiritual growth. This book is about breaking through those barriers that hinder us. Breaking Through the Barriers offers a variety of exercises that its readers can employ in their struggles for a breakthrough from personal challenges. From this book, readers will learn to identify their barriers and practice the given exercises, which are both practical and Biblical. In turn, these exercises can help readers break through their barriers of fear, instability, anger, worry and anxiety, guilt, emotional scars, depressive moods, and procrastination and pave the way for a more harmonious life. About the Author: Dr. Monica Hernandez received her doctorate in Theology from Canada Christian College and is also an ordained minister. She holds a D-C.P.C. (Diplomate-Certified Psychotherapist and Counsellor) certificate in Christian Counselling and a Ph.D. in International Missions and Counselling. Also, she has received an Honorary doctorate in Pastoral Counselling from the Evangelical Order of Certified Pastoral Counsellors of America....



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