



The Emotionally Healthy Woman: Eight Things You Have to Quit to Change Your Life

Geri Scazzero

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Geri Scazzero knew there was something desperately wrong with her life. She felt like a single parent raising her four young daughters alone. She finally told her husband, “I quit,” and left the thriving church he pastored, beginning a journey that transformed her and her marriage for the better. In this eight-session, video-based Bible study Geri provides you with eight things every woman should quit for her own emotional health. The journey to emotional health begins by quitting. Geri quit being afraid of what others thought. She quit lying. She quit denying her anger and sadness. She quit living someone else’s life. When you quit those things that are damaging to your soul or the souls of others, you are freed up to choose other ways of being and relating that are rooted in love and lead to life. This video can be used for personal reflection or for group discussion with the accompanying participant's guide.

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