



Journey to a Life of Significance: Freedom from Low Self-Esteem (Journey to Freedom)

Scott Reall

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Take an eight-week journey that will lead from crippling low self-esteem to the freedom of hope. Based on the *Journey to Freedom Manual*, this study guide is about learning to break free from physical and emotional issues that can lead to depression and a myriad of addictions. Like the other study guides in the Journey to Freedom series, this study will focus on enhancing people's self-esteem, while helping them change the things in their life that keep them from fulfilling their purpose and living their life to its fullest potential.

Other books in the series include:

The Journey to a New Beginning After Loss: Freedom from the Pain of Grief and Disappointment **978-1-4185-0771-8**

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