



Becoming a Woman of Freedom

By Cynthia Heald

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Is your Christian life weighing you down? Navigator author and Bible teacher Cynthia Heald helps you get your second wind to identify and lay aside those burdens that make you feel stuck in busyness. With challenging insights and thought-provoking quotations from classic thinkers and writers, this book's **11 sessions** will help you develop the actions and attitudes you need to think differently about your self-worth and identity in Christ. If using in a group, personal study is needed between meetings.

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Editorial Review

From the Back Cover

RUN THE RACE WITH FREEDOM. The Christian life is supposed to be like a race—a race we run freely, unhindered by the burdens of this life. But often, the baggage we carry holds us back. It deprives us of our freedom in Christ and makes the race seem strenuous and futile. No matter what your age, circumstance, or spiritual maturity, Cynthia Heald will help you identify and lay aside the burdens that can make you feel "stuck," including past hurt and loss, poor self-image, approval-seeking, busyness, doubt and fear, and unhealthy influences.

About the Author

Through her speaking engagements, books, and Bible studies, CYNTHIA HEALD challenges women around the world to become more godly. She is the author of numerous books, including *Intimacy with God* and the *BECOMING A WOMAN OF...* Bible study series. Cynthia and her husband, Jack, are full-time Navigator staff members in Tucson, Arizona.

Users Review

From reader reviews:

Cinthia Beltran:

The book with title *Becoming a Woman of Freedom* has a lot of information that you can learn it. You can get a lot of advantage after read this book. This book exist new expertise the information that exist in this book represented the condition of the world now. That is important to you to learn how the improvement of the world. This specific book will bring you within new era of the globalization. You can read the e-book on your own smart phone, so you can read the idea anywhere you want.

Clarence Nelson:

Typically the book *Becoming a Woman of Freedom* has a lot of knowledge on it. So when you check out this book you can get a lot of benefit. The book was published by the very famous author. The author makes some research prior to write this book. This kind of book very easy to read you may get the point easily after looking over this book.

Maria Huffman:

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