



How to Defeat Harmful Habits: Freedom from Six Addictive Behaviors (Counseling Through the Bible Series)

By June Hunt

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How to Defeat Harmful Habits: Freedom from Six Addictive Behaviors (Counseling Through the Bible Series) By June Hunt

Respected Christian counselor and founder of Hope for the Heart ministries June Hunt knows that countless lives are impacted and detoured by addictions. People are desperate for answers. They are hungry for hope.

In this insightful book, June provides compassionate biblical guidance to help readers recognize addictive impulses and habits, set boundaries, seek help, and trust the power of Christ and God's Word to release them from the hold of addictions including:

- overeating
- alcohol and drug abuse
- sexual addiction
- codependency
- anorexia and bulimia and more

For those struggling with addiction or watching a loved one caught in its destructive cycles, this is an encouraging resource of lasting answers and a path to healing God's way.

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Editorial Review

About the Author

June Hunt is the founder of Hope for the Heart, a worldwide biblical counseling ministry that provides numerous resources for people seeking help. She hosts a live, two-hour call-in counseling program called Hope in the Night, and is the author of Counseling Through Your Bible Handbook and How to Handle Your Emotions.

Users Review

From reader reviews:

Tim Travers:

Now a day individuals who Living in the era everywhere everything reachable by connect with the internet and the resources in it can be true or not call for people to be aware of each information they get. How people have to be smart in acquiring any information nowadays? Of course the correct answer is reading a book. Examining a book can help folks out of this uncertainty Information especially this How to Defeat Harmful Habits: Freedom from Six Addictive Behaviors (Counseling Through the Bible Series) book as this book offers you rich information and knowledge. Of course the information in this book hundred per cent guarantees there is no doubt in it you know.

Doug Herring:

In this period globalization it is important to someone to get information. The information will make you to definitely understand the condition of the world. The condition of the world makes the information better to share. You can find a lot of personal references to get information example: internet, magazine, book, and soon. You will see that now, a lot of publisher this print many kinds of book. The book that recommended to your account is How to Defeat Harmful Habits: Freedom from Six Addictive Behaviors (Counseling Through the Bible Series) this reserve consist a lot of the information on the condition of this world now. This specific book was represented how can the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. The actual writer made some investigation when he makes this book. That's why this book ideal all of you.

Deborah Hayes:

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(Counseling Through the Bible Series) can make you truly feel more interested to read.

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