



## 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**

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