

Stop Running! (Paperback)



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Reviews

*This is an amazing book that I actually have actually read through. I am quite late in start reading this one, but better then never. You will not truly feel monotony at anytime of the time (that's what catalogs are for concerning should you ask me).
(Scottie Schroeder DDS)*

STOP RUNNING! (PAPERBACK)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.When you re running you find yourself having to constantly run further, harder, faster, to avoid what you are carrying within yourself. The further you run from your problems, the further you run from yourself. The harder it becomes to eventually find your way back home. It didn t matter to me if it was an unhealthy romantic relationship, my career, my children, a bill collector s phone calls, my past, when both of my grandmothers passed or a persistent sadness that I couldn t seem to shake off, my solution was to avoid feeling it. That s because I believed that if I avoided my pain or worse. It would go away. If I ran in the opposite direction of my pain it would eventually go away. It didn t go away! No matter how hard I ran. It was still there. Trust me! Yours won t either. If you re running away from your demons right now, I can promise you that they will be waiting for you when you finally decide to stop running. Even worse, at that point you ll probably be too exhausted and too burned out to deal with those demons. It s at that moment when they ll win. There s a much better way. It s going to require God and some courage in order to make it happen. If you ve made sincere attempts to deal with the issue and nothing has worked, you re not running away from your problems if you choose to leave. You re making a conscious decision to positively reclaim your life. By running away it s numbing us to the pain by drowning ourselves in alcohol, drugs,...



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