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# The Rules of Engagement for Overcoming Your Past: Breaking Free From Guilt, Rejection, Abuse, and Betrayal

*Cindy Trimm*

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**The Rules of Engagement for Overcoming Your Past: Breaking Free From Guilt, Rejection, Abuse, and Betrayal** Cindy Trimm
**When you have a specific issue in your life, you need a specific strategy.**
We all have things in our past that can derail our futures if we don't learn how to overcome them. Strongholds and emotional attachments we allow in our lives—passed down to us from the culture, our education, and even our families—that can keep us going in circles. In her powerful style, Cindy Trimm identifies the spiritual setbacks we experience and provides practical biblically based techniques and strategies for securing your breakthrough.

There is a spiritual war going on for your future. *The Rules of Engagement for Overcoming Your Past* is a manual to help you effectively wage every battle. Using the authority you have been given by God, you can break free from…

- Guilt
- Rejection
- Abuse
- Betrayal
- Isolation, and more!

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A lot of people always spent their particular free time to vacation or perhaps go to the outside with them family members or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you wish to try to find a new activity that is look different you can read a book. It is really fun for yourself. If you enjoy the book that you simply read you can spent all day every day to reading a book. The book The Rules of Engagement for Overcoming Your Past: Breaking Free From Guilt, Rejection, Abuse, and Betrayal it is extremely good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. Should you did not have enough space to create this book you can buy the particular e-book. You can m0ore very easily to read this book from your smart phone. The price is not to cover but this book provides high quality.

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