



# **Sometimes I Feel Like Running Away from Home: Saving Your Sanity and Refreshing Your Spirit When You Feel Trapped by Your Own Life**

*Elizabeth Cody Newenhuyse*

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*When you've given and given all day long, every day What's left?*

Family, work, friends, church, community organizations, schools- Does it seem like they've all ganged up on you to drain your life dry? Have the pressures and the spiritual dryness that often come with an active lifestyle taken their toll?

*Sometimes I Feel Like Running Away From Home* will help you

find space and time to renew yourself.

take stock of your relationships.

escape the traps of guilt-driven work and over-mothering.

bring new spiritual "fire" to your devotional times.

refocus on godly goals for your health, your spirit, and your dreams.

Elizabeth Cody Newenhuyse offers dozens of insights and simple, inexpensive, enjoyable ideas to put some *lift* back into your day. Packed with wit, inspiration, and practical help from someone who's been there, this book will help you to enjoy your life again.

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