



Every Thought Captive: Battling the Toxic Beliefs That Separate Us from the Life We Crave

Jerusha Clark

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Women can struggle with tormenting thoughts about their relationships and identity while dealing with thoughts of shame and guilt. Every Thought Captive explores the unique nature of the female mind and examines the sources of fears and stress.

Drawing from personal experiences, including struggles with eating disorders and depression, best-selling author Jerusha Clark shares the freedom found in shifting your thoughts from the everyday to the eternal.

Find the rest and forgiveness you long for. Includes discussion questions.



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