

Healing is a Choice: 10 Decisions That Will Transform Your Life and 10 Lies That Can Prevent You from Making Them

By Stephen Arterburn

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DO YOU WANT TO GET WELL?

The power to heal—physically, mentally, emotionally, spiritually—is in God’s hands. But the choice to be healed is yours. Everyone, at some level, needs healing. You may have prayed for healing many times, for many years. Perhaps you have lived with your brokenness so long that you have become accustomed to it. Maybe you wonder just when God is going to take all the hurt away.

He can. But you also must choose to let the hurt go and let the healing begin.

In this special edition of *Healing Is a Choice*, author Stephen Arterburn offers a unique combination of book and workbook, outlining ten choices crucial to receiving healing. Embracing these choices means rejecting the lies we often tell ourselves. These are not hoops God requires you to jump through to earn your miracle; they form, instead, the journey He desires for you. He can—and will—walk with you. But you must put one foot in front of the other and choose to let the hurt go and let the healing begin.

“His Word affirms that God wants us to experience His healing, but many times we make choices that stand in the way. *Healing Is a Choice* is a helpful resource that lays out the path of healing God’s way.”

— JACK HAYFORD Founding pastor, The Church on the Way, Van Nuys, CA

“When we look back at the past turns and twists in the pathways of our lives, we can see significant choices we made, which helped create the lives we have now. Stephen Arterburn has provided us with a guide for making the right decisions today to provide a redemptive path for tomorrow.”


—JOHN TOWNSEND Coauthor of the bestseller *Boundaries*

“I am asking you to give up your life as you know it so that you can find the life God has for you. Take hold of your future today and make the choices that will lead to your healing.”

—STEPHEN ARTERBURN

“He heals the brokenhearted and binds up their wounds.”

—Psalm 147:3

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Editorial Review

From Publishers Weekly

Interspersing wise though basic advice with real-life examples, Arterburn (*Every Man's Battle*) offers a guide that could help many people progress farther along the path of emotional and psychological healing. Written at a simple level, the book's purpose is to break down the barriers that keep people from seeking the help they need. Arterburn challenges some obstacles to healing that are particular to the Christian community, such as the idea that believers should feel peaceful and happy all the time. Yet he also does a good job of addressing the more basic barriers to healing common to all people, e.g., denial of pain and lack of forgiveness. His examples from the lives of others are quite helpful, drawn mostly from his workshops on obesity and sexual addiction. But the glimpses he gives into his own life are the most engaging. He shares openly about the confusion, fear and shame stemming from his divorce, as well as the pathway toward healing he has had to take. Arterburn is very clear that the process of healing is often long and difficult, yet he still conveys a hopeful, encouraging tone to those in pain. (*Aug. 16*)

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About the Author

Steve Arterburn is host of *New Life Live!*, a radio and television program distributed across the country. He is a best-selling author with more than eight million books in print. He is also founder of Women of Faith®, a conference attended by more than four million women since its inception. Steve also serves as the teaching pastor of Heartland Church in Indianapolis, Indiana.

Users Review

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Cindy Knutson:

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