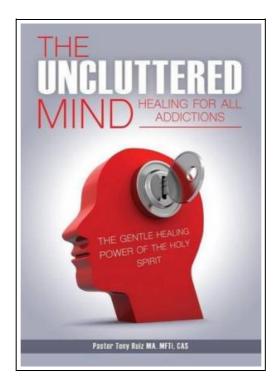
The Uncluttered Mind (Paperback)



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Reviews

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(Prof. Damien Schuster PhD)

THE UNCLUTTERED MIND (PAPERBACK)



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Xulon Press, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. I can t allow anyone to get too close to see my vulnerabilities. It s up to me to control the world I live in, and no one else has the right to interfere. All people are just takers, and I can t allow them to take what I have. Nobody cares; I have to look out for myself. These and a myriad of other thoughts clutter the minds of many people, but especially the minds of addicts. Negative, debilitating thoughts and emotions crowd out healthy responses to the challenges of life. Counterproductive patterns of relating to others foster a downward spiral of shame and condemnation that is difficult to escape. But there is hope for the addict-and for anyone who struggles to free himself from the clutter of a mind filled with hopelessness and despair. Antonio Ruiz knows of what he speaks. A former addict himself, he knows all too well the confusion of a cluttered mind, but he also testifies boldly to the peace and freedom of mind that come from a saving knowledge of Jesus Christ. Unabashedly, he proclaims the transforming power found in a personal relationship with Christ and the clarity of mind it brings. Offering the hope of a better way to anyone struggling with addiction, Ruiz challenges his readers to sweep out the clutter of old ways of thinking and embrace the beauty of an uncluttered mind. Author Info Antonio Ruiz, along with his wife, Mary, is an associate pastor at Bread.n.Water Ministries in Riverside, California. Working under senior pastors John and Jennifer Panyagua, they minister to the homeless and less fortunate through both practical help and scriptural teaching. Ruiz has a master s degree and is...



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