

## What Women Should Know About Letting It Go: Breaking Free from the Power of Guilt, Discouragement, and Defeat

Christin Ditchfield

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You can choose to let the past define and confine you--or you can let it refine you. This liberating new book by Christin will help you make the choice to let it go and leave it behind you.

You may be weighed down by feelings of guilt, discouragement, and defeat and unable to live the abundant life. You don't have to stay stuck in this endless cycle any longer. You have a choice!

Sharing from her own personal experiences and the life-changing truths of Scripture, Christin Ditchfield helps you:

- Identify the things that are holding you back, keeping you from living the life for which you were created!
- Break free from your unhealthy thought patterns, attitudes, and behaviors.
- Learn from past failures and mistakes and then learn to let them go!
- Hold on to the grace, peace, joy, hope, and freedom that is already yours in Jesus!

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