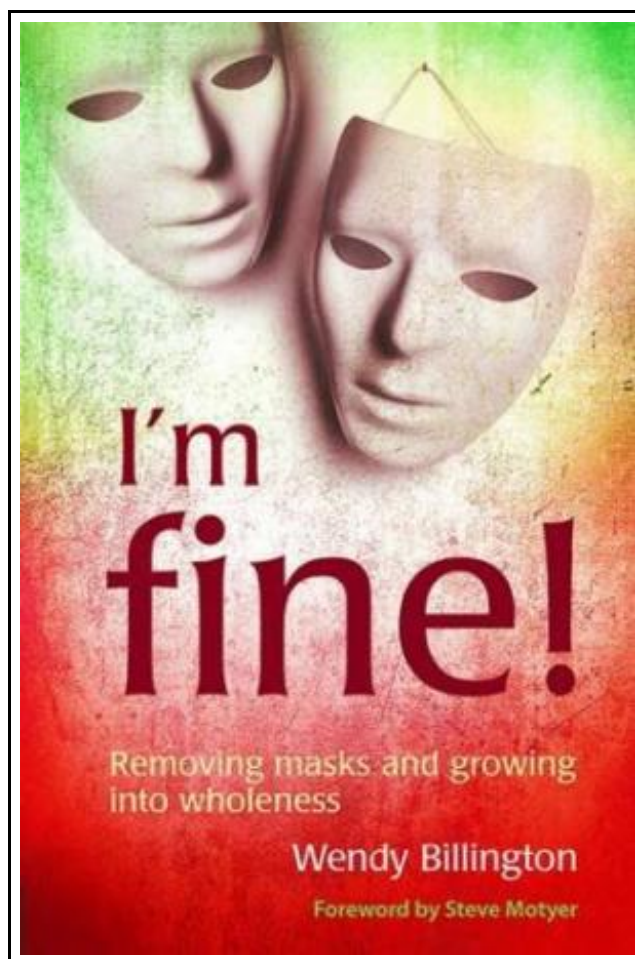


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Reviews

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(Lavina Torp)

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BRF (The Bible Reading Fellowship). Paperback. Book Condition: new. BRAND NEW, I'm Fine: Removing Masks and Growing into Wholeness, Wendy Billington, Bridget Plass, In this book Wendy Billington gently explores ways of helping people remove the 'I'm fine!' mask and grow through the challenges posed by issues such as loneliness, low self-esteem and parenting pain, as well as a variety of addictive behaviours. Those struggling with particular problems in their lives may feel they can't be honest about their circumstances even - perhaps especially - in a church context. Isolation, shame, and anxiety about how others will perceive them can add to their difficulties, compounding them with a sense of being locked in with the problem. Using case studies, Bible teaching and practical guidelines, Wendy shows how church members can understand and support one another, not only helping individuals but building a community that is characterised by loving, sensitive pastoral care.



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