

10TH ANNIVERSARY EDITION

FOREWORD BY RICK WARREN

Life's Healing CHOICES

REVISED AND UPDATED

FREEDOM FROM YOUR HURTS,
HANG-UPS, AND HABITS



AN
OFFICIAL
*Celebrate
Recovery®*
RESOURCE

John Baker

John Baker

Life's Healing Choices Revised and Updated: Freedom From Your Hurts, Hang-ups, and Habits



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With a foreword by Rick Warren, author of *The Purpose Driven Life*, this revised and updated edition will help you discover true happiness—if you choose to accept it. *Recovery Choices*, this newly revised edition contains updates to simple teaching principles—predicated on ten years' experience—along with fresh and contemporary testimonies. Using the Beatitudes of Jesus as a basis, Rick Warren and John Baker, pastors at Saddleback Church, created the eight choices shared in this book. In addition to practical, encouraging biblical teaching, each chapter contains two real-life testimonies of men and women whose lives have been transformed by living out the eight choices in this book. Through making each of these choices, you too will see God's work in your life. Ten years after the original edition of *Life's Recovery Choices*, I find true answers, real hope, and a genuine future—And as a result, every single one of us ends up with some sort of hurt, hang-up, or habit.



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Recovery for Christians!" This book actually helped me to comprehend the intersection of the Twelve Guidelines and Christianity. I was unfulfilled with the limitless discussions in AA about whether God was Buddha, Christ, or a doorknob, because I am a Christian. I'm grateful to AA, which method is not in opposition to AA, but will be helpful for anyone who desires a more positive method of recovery. First Step to the 12 Steps I have been through the 12 Techniques and also have studied and taught it. A good book for all those in the healing journey. Very powerful! I cannot believe I didn't know about Celebrate Recovery as yet. Learn how to you too will get freedom from your own hurts, hang-up and practices. This is an awesome book, written by John Baker, the founder of Celebrate Recovery, a 12 Step program based on biblical principles. I ordered three copies of the reserve, one to maintain for myself and both others went to friends. The full title is actually Life's Healing Choices: Freedom from Your Hurts, Hang-ups, and Habits and includes a forwards by Saddleback Church's senior pastor, the author of THE REASON Driven Lifestyle, Rick Warren. John Baker, a former pastor at Saddleback Church, based this publication on the eight guidelines to spiritual freedom (admitting need, finding help, letting go, approaching clean, making adjustments, repairing associations, maintaining momentum and recycling discomfort) to greatly help Christians overcome many kinds of addictive behaviors. Valuable book for addicts and non-addicts You enjoyed the authors style and how he described the transformer lives through accepting the Lord. I will be providing a review upon this at a females retreat quickly, so have again browse the entire book. Life is one lengthy learning process for those open minded and open hearted enough to embrace it, and I am looking towards what the Apostle St. Thank you to the Celebrate Recovery group for this great source. This book is very well written, clear to see and follow and will help anyone who wants to make the choices essential to start on their own personal journey, their own road to recovery, from life's hurts, hang-ups and habits. Recovery is certainly for anybody with a hurt, habit or hangup, which is most of us. Life changing Best book I've browse in years apart from the Bible. For the time being previewing the course over the summer months by reading the publication gives me a head's up. Uncertain if that is the right term but this reserve simplifies with being simplistic and presents a great initial exposure that needs to be a initial step leading to the 12 Measures. It is an excellent read for families who have loved ones going through addiction struggles to greatly help them better understand the problem and how exactly to help and not hurt. So often we think of addicts, but addiction affects the entire family, even if indeed they don't realize what it is certainly that is affecting them. Which book brings the curing power of Christ in to the equation. I hope those who elect to buy it think it is beneficial I do not have an addiction in the normal way .. I found this book a good "condensed" version. I am aware there has been considerable success for those who have eliminated through the program. The Celebrate Recovery system is now used in 12,000 churches nationwide. Available these days in good priced smooth cover and compiled by John Baker the founder of the extremely successful Celebrate Recovery system. I like the idea of a guided group teaching on emotional/spiritual recovery... I do not have an addiction in the common way - no alcoholic beverages or drugs - but We am a codependent. This book covers practices, hurts, and hangups in a way that everyone can benefit from. Besides strolling you through the process of identifying where you are in confirmed step and how to move toward addressing it in a confident and beneficial manner, you can find testimonies from others that help to give the stage a real life example - real people stuff. GREAT book Updated and revised. If possible, I am be attending a facilitated group in a Church in North Raleigh North Carolina USA in the Autumn of 2017.. We must develop our own shield from the demonic forces ! Paul referred to as finishing my course. Many thanks to the Celebrate

Recovery team because of this great resource. Everything we have been tempted with in this day and age. I have read and re-examine it multiple times, especially chapter 1, "recognize I am not God. I have been sober in AA for 27 years, but simply found Celebrate Recovery because of someone who is not used to recovery. Which material isn't just for recovery for chemical use. I apply it for recovery from codependency. Over 500,000 people have completed the program. Powerful insight to dealing with life hurts, habits, and hang ups I call this publication "Celebrate Recovery the bottom line is." It is extremely helpful as a good read or as a Group study. I have facilitated a little group and done one on one study as a mentor. During the last sixteen years, nearly 10,000 people have gone through this Christ-centered recovery program at Saddleback. I recommend the DVD and study guide as well. How to read Teaching Life giving. The Steps are perfect in all they do and the lives they will have touched. I will be buying several and sharing as God leads Five Stars Very deep and informative. Honestly Mind-boggling Just start it, try journey, let it sink in, be honest with yourself and you sure received't regret how your creator loves you, transforms you in the better you he usually wanted to be. Four Stars Good information about Celebrate recovery Life Changing This books provides the basics needed to change yourself. God will lead you upon this journey during your hurts behaviors and hangups. This is extracted from John Baker's Biography: "John Baker is the founder of Celebrate Recovery®, a ministry born out of the heart of Saddleback Church. Strongly suggested especially for people with addiction problems (sex drugs alcohol). This book has been positively life changing. GREAT publication for turning your life around in case you are struggling with any of life's hurts, behaviors or hangups. And live a existence full of happiness .



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