

You Can Break That Habit and Be Free


By Quin Sherrer, Ruthanne Garlock


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Everyone has a habit that they hate but just can't seem to beat. Gossip. Complaining. Holding a grudge. Overindulging. This book gives readers both the tools and the confidence to change--for good.

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Editorial Review

From the Back Cover

Defeat those habits that hold you back from God's best!

We all have bad habits that we wish we could break, but it's those stubborn "acceptable" sins that seem to put up the biggest fight. If you feel like you're in a constant struggle with worry, gossip, criticism, unforgiveness, envy, bending the truth, or some other pattern that hinders your walk with God, this book will give you both the tools and the confidence to change for good.

In these pages, you will read stories of people just like you who overcame obstacles simply by asking for God's help--and then following his direction. You'll find hope in the Word of God and kind encouragement that will lead you to victory over your bad habits.

Habits are formed by repetition, and change won't come instantly. But within the pages of this book are the keys to gaining the upper hand--and to ultimate freedom.

Quin Sherrer is an award-winning author and speaker. She lives in Florida.

Ruthanne Garlock is an author, a Bible teacher, and president of Garlock Ministries, Inc. She lives in Texas.

About the Author

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Users Review

From reader reviews:

Juan Elam:

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