

Finding the Freedom of Self- Control

Life-Changing Answers to "I Can't Help It!
I Can't Say No! I Can't Change! I Can't Control Myself!"

William Backus

Author of *Telling Yourself the Truth*

Finding The Freedom Of Self Control

Denise Crosson



Finding The Freedom Of Self Control:

Finding the Freedom of Self-Control William Backus, William D. Backus, 1987 A truly happy free person is one who has learned self control the author writes and he clearly shows the reader how to understand self control apply truth to misbeliefs about self control control bodily urges to overindulge break the pattern of old habits build new habits of self control from back cover *Finding the Freedom of Self-Control Study Guide* William D. Backus, 1988-02-01 *Counseling Through Your Bible Handbook* June Hunt, 2008-03-15 June shows us how to use biblical truth to change minds hearts and lives Dr Mark L Bailey President Dallas Theological Seminary Bestselling author June Hunt s Biblical Counseling Handbook is now available in hardcover This powerful resource is based on many years of careful research thousands of counseling phone calls and countless hundreds of pages of written resources produced by Hope for the Heart This 450 page handbook brings together the very best of June s extraordinary counseling ministry which has offered Christ centered hope and guidance to people around the world The 50 chapters deal with the most pressing issues people face today and offer practical solutions firmly based on Scripture Among the topics are anger adultery fear phobias alcohol drug abuse guilt grief codependency cults rejection rape depression divorce self worth suicide Readers will want to keep this life changing resource handy alongside their Bibles

Finding Hope and Healing A Christ-Centered Approach to Mental Illness Shiloh Martin PhD, 2023-11-17 Finding Hope and Healing A Christ Centered Approach to Mental Illness is a book that offers a compassionate and insightful exploration of mental illness through a biblical lens Written by Dr Shiloh W Martin the book draws on his personal faith and professional expertise to provide guidance and encouragement for individuals struggling with mental health issues and their loved ones The book explores various mental illnesses such as depression anxiety and bipolar disorder and uses scriptures to provide comfort hope and practical advice The author emphasizes the importance of seeking professional help while also recognizing the power of faith in the healing process With its compassionate tone and insightful guidance Finding Hope and Healing is a valuable resource for anyone seeking to understand mental illness from a Christian perspective and find hope and healing in the midst of the struggles He wrote this book to offer a different perspective on mental illness one that combines the best of his professional expertise and faith He believes that with the right approach and support those struggling with mental illness can find hope and healing and he hopes that his book can be a valuable resource for those seeking to understand and address mental illness from a Christian perspective

Finding Freedom in Confinement Kent R. Kerley Ph.D., 2018-01-25 What is the nature and impact of faith and religion in prison This book summarizes contemporary and cutting edge research on religion in correctional contexts enabling a scientific understanding of how prisoners use faith in their everyday lives Religion long has been a tool for correctional treatment In the United States religion was the primary treatment modality in the first prisons Only since the 1980s however have social scientists begun to study the nature extent practice and impact of faith and faith based prison programs Bringing together the knowledge of

scholars from around the world this single volume book offers readers a science and research based understanding of how prisoners use faith in everyday life examining the role of religion in prison correctional contexts from a variety of interdisciplinary and international viewpoints By considering the perspectives of professionals actually working in corrections or prison settings as well as those of scholars studying religion and or criminal justice readers of Finding Freedom in Confinement The Role of Religion in Prison Life can gain insight into the most contemporary research on religion in correctional contexts The book contains data driven conceptual and policy oriented essays that cover major religions such as Christianity Judaism and Islam within correctional environments It also addresses subject matter such as the roles of prison chaplains and correctional officers and the relationships between religion and common aspects of prison life such as drug abuse gangs violence prisoner identity rights of prisoners and rehabilitation

Of Character Denise Crosson,2009-02-16 Topics focus on assets of character and how an individual can practice them in daily life **The Zen Way to Self-Discipline: A Martial Arts Master Reveals the Secrets to Inner Strength** Pasquale De Marco,2025-08-14

In a world of constant flux and uncertainty The Zen Way to Self Discipline offers a beacon of resilience and inner strength This comprehensive guide inspired by the wisdom of martial arts masters unveils the secrets to unlocking your true potential and forging a path of purpose and fulfillment Through a series of thought provoking lessons insightful question and answer sessions and enigmatic koans this book delves into the profound principles that underpin the martial arts You will discover how to cultivate self discipline focus and unwavering determination transforming challenges into opportunities for growth and resilience Explore the intricate relationship between mind and body learning to harness the power of presence and the art of non attachment Discover the true essence of self defense not as a means of aggression but as a path to inner peace and harmony Embark on a journey of self discovery as you delve into the warrior s code a set of ethical principles and values that guide the martial artist s conduct both on and off the mat Learn to live with integrity honor and compassion striving to make a positive impact on the world around you The Zen Way to Self Discipline is not just a book about martial arts techniques it is an invitation to embark on a lifelong quest for self mastery and enlightenment It is a guide to living in the present moment embracing change and uncertainty and finding lasting happiness and fulfillment Whether you are a seasoned martial artist seeking deeper understanding or a curious explorer searching for a path of self transformation this book will illuminate your journey Open your heart and mind to the teachings of the martial arts and allow them to transform your life in extraordinary ways If you like this book write a review *Control Your Emotions: Gain Balance, Resilience, and Calm; Find Freedom from Stress, Anxiety, and Negativity | Self Help book to Calm your Brain and reduce your Mental Stress* Patrick King,2025-05-09 If the simple question Hey how are you feeling throws you into a confusion then it s time to Control Your Emotions We are rushing through life as we try to catch up with our relationships job and personal goals As a result there s bound to be an overwhelming range of emotions we feel every moment Untangling the overlapping emotions paves the way for a healthier

happier life Here's how this book helps you make it happen Learn to decipher emotions for greater mental balance and calm Practical tools to regulate emotions and build resilience How to get up after being knocked out emotionally Tame your brain to fight stress negativity and anxiety Insightful guide into what triggers emotions and how to control your reactions Advice from various fields like psychology behaviour science evolutionary biology and Counselling

Finding Freedom and Joy in Self-Forgetfulness Michele Howe, 2021-11-01 Finding Freedom and Joy in Self Forgetfulness by beloved Christian author Michele Howe teaches readers that self forgetfulness is a biblically robust principle that can set us free from the inside out It shows how when we forget about ourselves and focus on helping others we find freedom and joy Self care is important but have you ever found yourself paralyzed with indecision or anxiety from focusing too much on your own needs and wants With her characteristic warmth and wit Michele Howe offers us another way When we entrust ourselves to God's care we are subsequently empowered to live more fearlessly and freely When we seek to live from a position of intentional self forgetfulness we set into motion a beautiful display of God's grace in our lives And when we ask God to help us forget about ourselves so we can effectively serve others we discover a wonderful freedom within and without Intentional self forgetfulness is an essential Christian virtue desperately needed in today's heartbroken world So join Michele on a journey to stand up and reach out with courageous self sacrificial boldness Finding Freedom and Joy in Self Forgetfulness includes thirty chapters with Scripture passages real life stories with essays and helpful points and prayers Learn how to make self forgetfulness an intentional part of your everyday life and find the freedom and joy that come as a result

The Art of Self-Control: Discipline in Eastern and Western Aesthetics BD Sharma, 2025-05-07 Self control is often the key to unlocking creativity and excellence in any field The Art of Self Control examines how discipline and self regulation impact the creative process both in the East and the West The book explores Eastern philosophies like Zen Buddhism and Taoism where discipline is seen as a spiritual and philosophical pursuit and contrasts them with Western approaches to mastery such as the pursuit of perfection in classical art Through engaging discussions and real life examples readers will discover how artists across different cultures have used self control not just to refine their craft but to shape their personal lives This book is a guide to harnessing self discipline to cultivate a deeper connection with your art and achieve lasting mastery

Self-Action Leadership: the Key to Personal & Professional Freedom Jordan R. Jensen, 2015-10-09 Self Action Leadership The Key to Personal Professional Freedom is a groundbreaking personal leadership manual that introduces a metaphysical or self help Theory of Everything In the book Dr Jensen interweaves nearly three decades of personal experiences literature reviews and action research into an original Theory and Model of personal leadership called Self Action Leadership In the narrative sections of his book Dr Jensen describes the life and career challenges he has faced and overcame while struggling to manage obsessive compulsive disorder OCD and depression Self Action Leadership is the most comprehensive personal leadership handbook to hit the market since Dr Stephen R Covey's 7 Habits of Highly Effective People

Financial

Freedom: Mastering Your Money Cole Gray, The book covers all aspects of budgeting from setting financial goals to tracking expenses and adjusting spending habits With practical tips and advice readers will learn how to take control of their finances and achieve greater financial stability The book begins by highlighting the importance of budgeting and the impact it can have on long term financial success Readers will learn how to identify their financial goals and create a clear and achievable budget to support them The book provides a step by step guide to setting up a budget including how to track income and expenses allocate funds for necessities and savings and plan for unexpected expenses Readers will learn strategies for overcoming impulsive spending managing debt and staying motivated to stick to their budget The book emphasizes the importance of consistency and discipline in achieving financial goals Throughout the book readers will find practical examples case studies and worksheets to help them apply budgeting concepts to their own financial situations The book also addresses how to adjust a budget as circumstances change such as a change in income or unexpected expenses Whether readers are looking to save for a big purchase pay off debt or build a nest egg for the future this book will empower them to take control of their finances and achieve greater financial freedom *The Freedom of Life* Annie Payson

Call,2021-05-18 In *The Freedom of Life* Annie Payson Call invites readers to explore the intricacies of personal liberation and authentic living through a lens of psychological insight and spiritual awakening Her prose reveals a delicate balance between elegiac reflection and practical guidance as she articulates the ways in which societal constraints stifle human potential Call s literary style is characterized by its lyrical quality and philosophical depth embedding her ideas within the broader context of the early 20th century reform movements that sought to bridge the divide between mind and body self and society An influential figure in the realm of psychosomatic healing Call s background as a pioneer in psychology and holistic well being profoundly informs her writing She was deeply engaged in the emerging ideas of self help and therapeutic practices of her time drawing upon her personal experiences with anxiety and her journey toward emotional resilience A close associate of notable figures like Mary Baker Eddy Call s perspectives combine both scientific inquiry and spiritual sensitivity offering an enriching framework for individual growth and societal change *The Freedom of Life* is a compelling read for anyone seeking guidance on self discovery and empowerment Call s eloquence and insightful observations resonate strongly in our

contemporary world where the quest for personal freedom remains a vital concern Readers will find themselves inspired to embrace authenticity and cultivate a deeper understanding of life s expansive possibilities *Stoicism and Zen Buddhism in Modern Life* Victor de la Fuente,2023-05-25 In the midst of the fast paced and chaotic world we find ourselves in today many of us yearn for a sense of inner peace resilience and purpose The ancient philosophies of Stoicism and Zen Buddhism hold profound wisdom that can guide us through the challenges of modern life offering practical solutions to common problems such as habit creation cultivating mental calm and navigating the pitfalls of consumerism Drawing from the rich traditions of Stoicism and Zen Buddhism this book serves as a practical guide to applying these millenary philosophies in our daily lives

We explore the fundamental principles and practices of Stoicism which emphasize cultivating virtues accepting the impermanence of life and focusing on what is within our control Simultaneously we delve into the teachings of Zen Buddhism which emphasize mindfulness meditation and non attachment to worldly desires With an insightful blend of theory and practice this book demonstrates how Stoicism and Zen Buddhism can address the pressing issues we face today By adopting Stoic practices we learn how to create and sustain positive habits that lead to personal growth and fulfillment Stoicism helps us develop mental resilience and find serenity amidst the chaos enabling us to navigate the stresses of modern life with grace Meanwhile Zen Buddhism offers invaluable tools for cultivating mental calm and stillness through meditation and mindfulness practices By embracing the Zen philosophy of non attachment we gain a deeper understanding of our consumerist culture and learn to find contentment in simplicity and mindful consumption Through thought provoking insights and practical exercises this book empowers readers to integrate the timeless wisdom of Stoicism and Zen Buddhism into their daily lives By incorporating these philosophies we can awaken our true potential embrace the present moment and develop a profound sense of inner peace and fulfillment in the face of today s challenges Whether you are seeking guidance on habit creation mental calm or navigating the perils of consumerism Stoicism and Zen Buddhism in Modern Life offers a roadmap for transformative change Embark on a journey of self discovery and learn how these ancient philosophies can help you thrive in the modern world

The 7 Sins of Highly Defective People Rick Ezell, 2014-01-20 *The 7 Sins of Highly Defective People* takes an honest look at each of the seven deadly sins and the virtues that are needed to overcome each The intensely practical book offers applications for overcoming the sins The concise and touching writing style offers appropriate illustrations and stories to support the themes and principles presented The good news is that the seven sins can be defeated and the seven virtues can be cultivated to build Christian character leading one into a lifestyle that is pleasing to God

Man Enough Victor J Jeleniewski Seidler, 1997-09-15 In this book one of the leading contributors to the growing debate about men masculinities and sexual politics Victor J Seidler criticizes the Enlightenment coupling of white heterosexual masculinity with reason He argues that in modern society masculinity can never be taken for granted Men must always prove that they are man enough to cope in the correct way with the problems and challenges of everyday life Seidler believes that men have to break this chain of obligations to the Enlightenment notion of masculinity Through engaging with men s diverse relationships with their bodies sexualities emotional lives feelings and desires Seidler explores ways of affirming masculinities while critically engaging with the power that men have in the wider society The book is also a contribution to antisexist politics Seidler is interested in taking on those forms of men s politics which find it difficult to engage with men s power and society and also those who take it for granted that male power is normal and natural He seeks to recognize both the power that white heterosexual masculinities have in shaping forms of philosophy and social theory while at the same time recognizing that masculinity cannot be simply defined as a relationship of power

The Freedom of Life Annie Payson

Call,1905 Purchase one of 1st World Library s Classic Books and help support our free internet library of downloadable eBooks Visit us online at www.1stWorldLibrary.ORG INTERIOR freedom rests upon the principle of non resistance to all the things which seem evil or painful to our natural love of self But non resistance alone can accomplish nothing good unless behind it there is a strong love for righteousness and truth By refusing to resist the ill will of others or the stress of circumstances for the sake of greater usefulness and a clearer point of view we deepen our conviction of righteousness as the fundamental law of life and broaden our horizon so as to appreciate varying and opposite points of view The only non resistance that brings this power is the kind which yields mere personal and selfish considerations for the sake of principles Selfish and weak yielding must always do harm Unselfish yielding on the other hand strengthens the will and increases strength of purpose as the petty obstacles of mere self love are removed Concentration alone cannot long remain wholesome for it needs the light of growing self knowledge to prevent its becoming self centred Yielding alone is of no avail for in itself it has no constructive power But if we try to look at ourselves as we really are we shall find great strength in yielding where only our small and private interests are concerned and concentrating upon living the broad principles of righteousness which must directly or indirectly affect all those with whom we come into contact *The Pacific Unitarian* ,1897 **Finding Freedom Through Illumination** Cardwell Nuckols,2014-05-06 This deeply spiritual book will guide readers on a journey toward Realization of the Christ consciousness that exists within each of us In Finding Freedom Through Illumination Dr Nuckols divides the journey into three sections each defining a part of the process that leads to Realization the accumulation of more Light Dr Nuckols explains that as we gather more Light our worldview changes and we see the world differently and while our thoughts feelings and behaviors change we become more intuitive and begin to understand that all of life is an opportunity for spiritual growth Step by step Dr Nuckols illuminates the concept that Realization sometimes called enlightenment satori kensho samadi or moksha is about becoming one with our Creator Every spiritual tradition including Alcoholics Anonymous Hinduism and Buddhism gives direction for spiritual growth all change our worldview and all have been shown to enhance levels of spiritual consciousness Spending time in silence solitude prayer contemplation and meditation allows for intuitive change that alters our worldview causing the defects of character of the narcissistic ego to melt away Ultimately this is freedom this is illumination and this is spiritual growth [The Path of Spirit Control](#) Robert Hanson,2004-12 The author provides doctrinal and practical insights for living under the Holy Spirit s control Spiritual battles issues of life with the challenge of change have to rely on Spirit control

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