



Emotionally Healthy Spirituality: Unleash A Revolution In Your Life in Christ

MR Peter Scazzero

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The Christian faith is supposed to produce deep, positive change. So why doesn't it seem to work in "real life"? That question screamed at Pastor Peter Scazzero when his church and marriage hit bottom and every Christian remedy produced nothing but anger and fatigue. As he began digging under the "good Christian" veneer, he discovered entire emotional layers of his life that God had not yet touched. And that emotional immaturity had fed his spiritual immaturity. In this book, he unveils what's wrong with our conventional means of "spiritual growth" and offers not only a model of spirituality that actually works, but seven steps to transformation that will help readers experience a faith charged with authenticity, contemplation and a hunger for God.

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