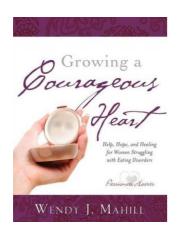
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Xulon Press. Paperback. Book Condition: New. Paperback. 248 pages. Dimensions: 10.9in. x 8.1in. x 0.6in.Growing a Courageous Heart is a Christ-centered curriculum for women in recovery for all types of eating disorders. It provides clear definitions of eating disorders and explores the physical damage they cause, their protective denial systems, their root causes, and their cognitive processes. It also explores, emotional, relational and spiritual damage caused by eating disorders and provides practical tools for overcoming them. The curriculum could be...

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