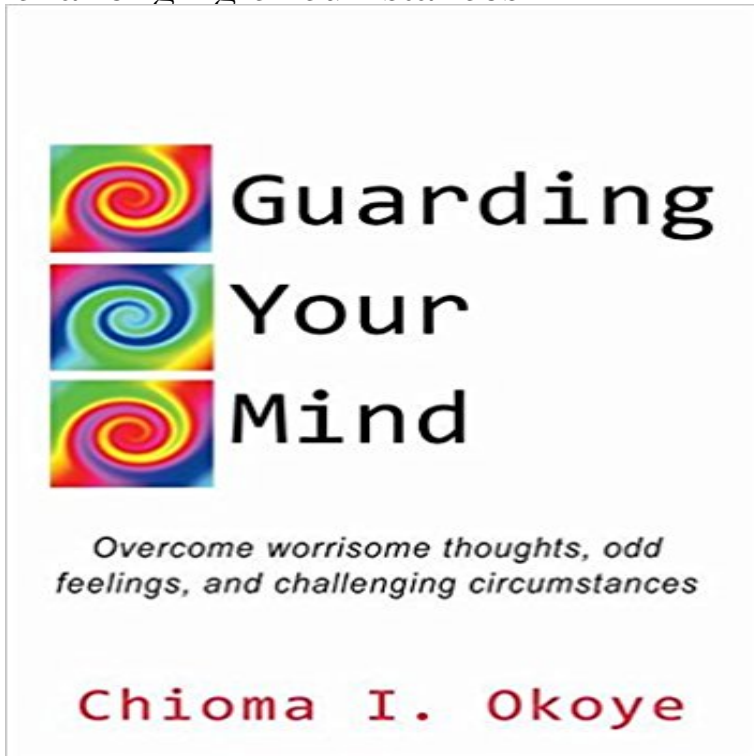


# Guarding Your Mind: Overcome worrisome thoughts, odd feelings, and challenging circumstances



Too many issues going on in ones head, especially the things we do not need or want to do. Our minds are actually a battle ground. The good news is that you have the imaginative strength and resources around you that can help you equip your mind. However it boils down to the choices you make on a daily basis and these choices go a long way to affect how you feel and behave. The worst misery a man can experience is the one he actually puts on himself, for if he knows the way to avoid this misery, and sticks to it, here comes freedom and power released to him to do those things he used to struggle with. It is important to note that life was originally designed to be stress free but due to sin we have lost such sweatless way of living. However in the midst of all our struggles, God is there for us, in us and with us. The consciousness of His love in your situations will help you take advantage of your problems and learn a great deal in any stormy stage of your life. Chioma hopes that you maintain your victory on the inside not fighting people or circumstances around you. She emphasises the peace of mind we have through our relationship with Jesus and the power in the word. In this book: you will learn how to overcome negative thoughts, control your feelings and live confidently daily.

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