



Tis a Gift to Be Free: Daily Choices on Life's Path

Virginia Ann Froehle

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Do you sometimes find yourself paralyzed by fear of criticism or rejection? Are you tired of worrying about what others might think of you, about portraying the right image or saying the right thing?

Virginia Ann Froehle understands how you feel and suggests some simple steps you can take to becoming more free, to being true to the person God made you to be.

This book is about the small, daily choices we make that can lead us to inner freedom. It is about facing our fears, accepting ourselves as we are, and trusting that God loves us.

You'll appreciate Froehle's honest look at our attempts to hide inside our shells and keep our true selves out of sight. You'll also appreciate her stories and the exercises that will help you take a closer look at yourself. Each chapter includes reflections followed by brief sections titled "To Consider," which suggest practical steps you can take to become freer each day.

'Tis a gift to be free, the Shaker song reminds us. Do we open ourselves to this gift? The choice is ours.

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Susan Padgett:

People live in this new day of lifestyle always try to and must have the spare time or they will get lot of stress from both lifestyle and work. So , whenever we ask do people have time, we will say absolutely indeed. People is human not really a huge robot. Then we question again, what kind of activity have you got when the spare time coming to you actually of course your answer will probably unlimited right. Then do you try this one, reading books. It can be your alternative within spending your spare time, the book you have read is Tis a Gift to Be Free: Daily Choices on Life's Path.

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