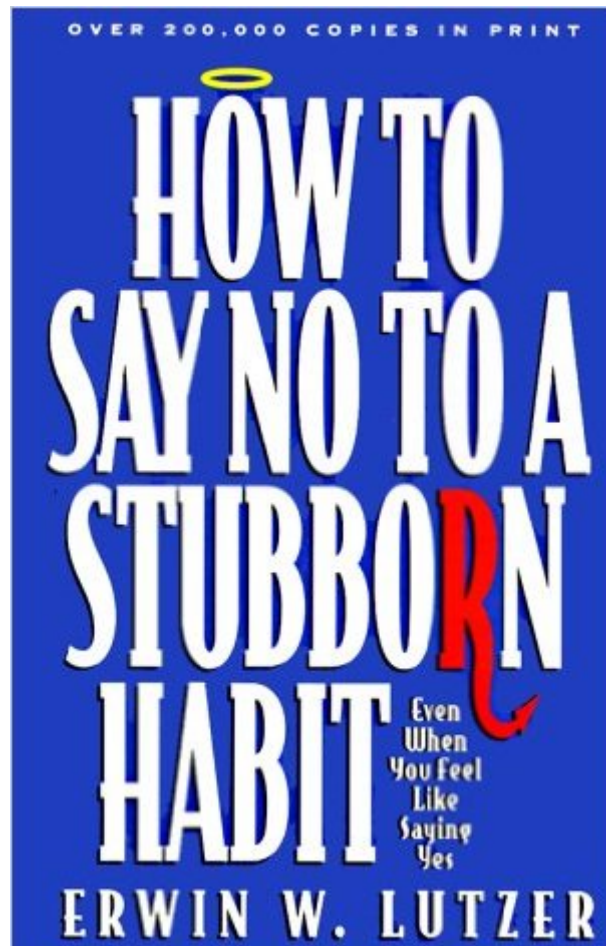


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# How To Say No To A Stubborn Habit



## Synopsis

HOW TO SAY NO TO A STUBBORN HABIT Why is temptation so powerful and attractive? Why doesn't God keep Satan from tempting me? When does a temptation turn into a sin? Why do I always seem to slip back into sinful habits? Every day you face the oldest human dilemma--the choice between good and evil. The good news is that you can say No to sin and Yes to God. This book will show you the road to freedom from that stubborn habit that is causing you so much trouble. ERWIN W. LUTZER is senior pastor of Moody Church in Chicago. A graduate of Dallas Theological Seminary and Loyola University, he has served on the faculties of Briercrest Bible Institute and Moody Bible Institute. Dr. Lutzer's other books include Living with Your Passions, Managing Your Emotions, Satan's "Evangelistic" Strategy for This New Age, Overcoming the Grasshopper Complex, Growing Through Conflict, and Keep Your Dream Alive.

## Book Information

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## Customer Reviews

This book begins at the beginning, which is more than can be said with most "self-help" type material. Rather than trying to "patch the hole" superficially, Lutzer goes to the heart of the matter, addressing the reasons people fail to overcome bad habits. Actually, I don't consider it "self-help" at all. "God-help" is more like it. This book focuses on the practical principles of allowing God to strengthen you toward ending the habit. If you simply want a "quick-fix" to whatever habit you may have, you will be disappointed. However, if you are willing to read the book through to the end, you will find the encouragement and understanding we all need in order to fight the temptations that we

all face. Lutzer uses timely illustrations and Biblical references that will usually make you say "Oh...duh, why didn't I think of that?" I HIGHLY recommend this short book to anyone interested in God changing his or her life in a dynamic way.

I picked this book up on one of those turnstile book bins at the store. The one I picked up was a compact version and I don't think I expected much. However this is by far one of the best books. I personally picked it up to help me with an eating disorder of compulsive overeating. It could be anything though from a serious addiction to something small. It isn't just surface fluff which a lot of books on this subject are mostly full of in my opinion. So many books promise help but go no deeper than turn it over to God. How many times haven't we heard "turn it over to God and He will deliver you".. Well it isn't that cut and dry. How many times have we all sat in church and heard the pastor say that we just need to ask God for strength and we will be freed. For years I wondered why that just isn't working for me? This book is not fluff. It goes into depth and explains a lot on why we may not be getting the help we need or why we may not be accessing the power we need to help us. It is well worth the money and good enough to reread over and over.

Great suggestions. Easy to implement directions. Lots of scriptural references. Relevant stories and parables that illustrate the truth he trying to portray. Lacks understanding in the section on the Spirit of God. Does not believe in the power of the baptism in the Holy Ghost and speaking in other tongues. Believes Jesus had to surrender to go to the cross...as if he wasn't anticipating with great joy redeeming fallen mankind.

Excellent guidelines for breaking any stubborn. Well written and supported throughout with scripture references. I found the suggested applications especially helpful.

I was pleased to be able to get this book back in my hands.It was in the truck that was stolen from us. It's a wonderfulresource on getting rid of bad habits. Erwin Lutzer has a clear way of expaining things. I highly recommend it to everyone.

This book is offers great help for people who have habits that need to change. I would highly recommend this book to anyone struggling with addictions, bad habits or behaviors that need healing for wholeness.

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