



The Uncluttered Mind (Paperback)

By Pastor Tony Ruiz Ma Mfti Cas

Xulon Press, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. I can't allow anyone to get too close to see my vulnerabilities. It's up to me to control the world I live in, and no one else has the right to interfere. All people are just takers, and I can't allow them to take what I have. Nobody cares; I have to look out for myself. These and a myriad of other thoughts clutter the minds of many people, but especially the minds of addicts. Negative, debilitating thoughts and emotions crowd out healthy responses to the challenges of life. Counterproductive patterns of relating to others foster a downward spiral of shame and condemnation that is difficult to escape. But there is hope for the addict-and for anyone who struggles to free himself from the clutter of a mind filled with hopelessness and despair. Antonio Ruiz knows of what he speaks. A former addict himself, he knows all too well the confusion of a cluttered mind, but he also testifies boldly to the peace and freedom of mind that come from a saving knowledge of Jesus Christ. Unabashedly, he proclaims the...



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