



## Meditations and Confessions for People Facing Mental Health Challenges

By E Onah

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 74 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. It is said a man and his word cannot be separated. This means words are important. The words we speak, whether positive or negative have an impact on our lives, positively or negatively. We have what we say! Confessions for People Facing Mental Health Challenges is a gem. The world has been waiting for a book like this. This book has scriptures for meditation and confessions (declarations), that anyone with mental health challenges or even their loved ones, can use daily over a 21 day period to start a positive change to their situation. Each day has a theme, including: Dealing with fear Dealing with distressful thoughts Dealing with side effects of medication Dealing with confusing thoughts Dealing with discrimination and stigma Dealing with low self esteem Dealing with suicidal thoughts Dealing with physical health challenges Not giving up And much more This book will change your life. These were the same words the author of this book and his wife declared, and the scriptures they meditated on. After 18 long and painful years, the author was given a clean bill...



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