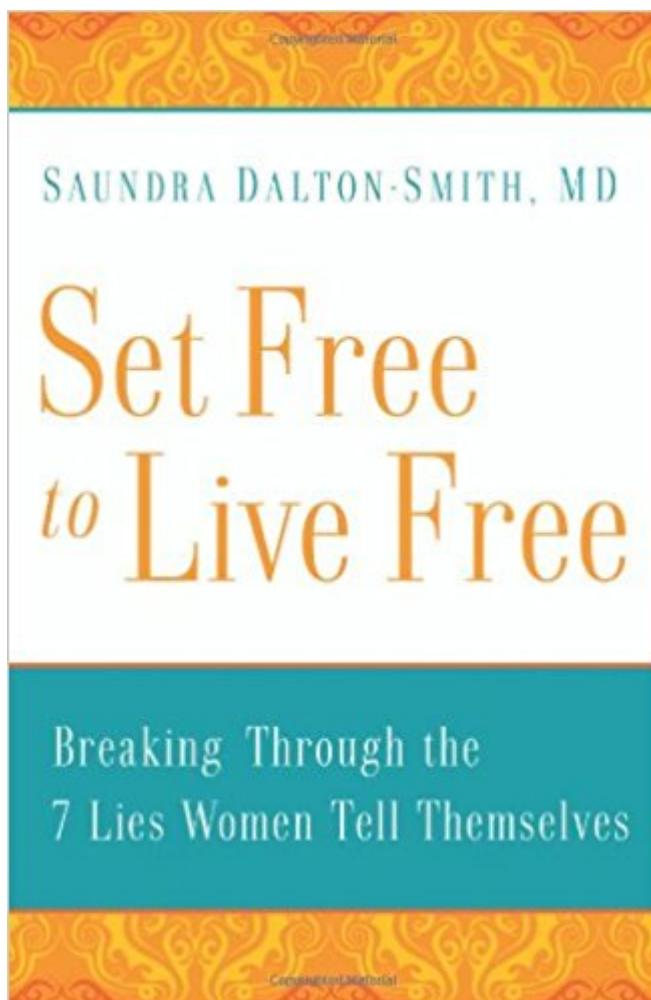


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# Set Free To Live Free: Breaking Through The 7 Lies Women Tell Themselves



## Synopsis

Imagine life with unlimited possibility, where fear, misconceptions, and insecurities don't have the power to rob you of your potential or your dreams. Many women have trouble seeing this vision because they are bound by lies that keep them from living free. In *Set Free to Live Free*, Saundra Dalton-Smith shows you how to break free from seven mental ties that hold you back and steal your joy, like striving for perfection, comparing yourself to others, and having an all-or-nothing attitude. Through compelling stories and inspirational writing, she encourages you to embrace spontaneity, be transparent, nurture your body, and cultivate a balanced life. "The author writes with the belief that God has a plan for each member of his creation and thus is ready to guide and assist through prayer and Bible study. A VERDICT: The eight-week study guide makes this book a perfect choice for Christian women's groups." - Library Journal

## Book Information

Paperback: 224 pages

Publisher: Revell; First edition (May 1, 2011)

Language: English

ISBN-10: 080071993X

ISBN-13: 978-0800719937

Product Dimensions: 5.5 x 0.5 x 8.5 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 33 customer reviews

Best Sellers Rank: #1,445,982 in Books (See Top 100 in Books) #77 in Books > Religion & Spirituality > Religious Studies > Psychology & Christianity #162 in Books > Christian Books & Bibles > Christian Denominations & Sects > Protestantism > Inspirational

## Customer Reviews

"Finally a book that brings to light the lies that women have been fed since childhood--and how to break their emotional grip on our lives forever. Saundra Dalton-Smith shows us just how precious we are to God, and how we can live empowered and drama-free lives."--Carol M. Mackey, author of the bestselling *Sistergirl Devotions: Keeping Jesus in the Mix on the Job*"Dr. Saundra Dalton-Smith has captured the role of the Spirit in the healing process with clarity and love in her book *Set Free to Live Free*."--Jane I. Honikman, MS, founder of Postpartum Support International Saundra Dalton-Smith, MD, is a board-certified internal medicine physician who has been practicing medicine since 1999. She treats a predominantly female population and has firsthand experience with the

struggles women face trying to imitate the American dream. Dr. Dalton-Smith has been an adjunct faculty member at Baker College and Davenport University in Michigan. She lives in Alabama.

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I am sure that everyone has picked up a few books in their lifetime that were so good they didn't want to put them down. Well Set Free to Live Free is one of those books for me. It is probably in my Top 10 of books that I have really enjoyed reading and I gained so much insight. It was like reading something from a girlfriend. I love the way Saundra Dalton-Smith contracts the Lie and then shares the Truth. We must all stand on the firm foundation of God's word. I absolutely loved reading her insights of topics like Envy, Image, and Balance. What women does deal with all of this and more? Through stories and personal examples Saundra draws you in and makes you feel comfortable. There truly is Freedom in Christ Jesus. If you have been searching to be set free then you should definitely pick up a copy of this book. It will be a great first step on that journey and you will know that you are not alone.

I found Set Free ... a book filled with honesty and hope. I wish my physician cared so much about the whole me as Dr Dalton-Smith obviously does about her patients. Sometimes it takes an honest reply or listening ear to heal, not just a white coat and prescription pad. I recommend this book to any woman hoping to heal or any man who loves a woman who needs healing.

This book blessed many souls. My women's department at the church conducted a symposium and those women walked away with a better understanding of their journeys and moving forward in life. Thank you so much for this book.

I was at a place where I needed to free myself of decades of junky thinking. I'm not even sure how I came across this title, but after reading the reviews, I bought my first copy. Be prepared to take time to read and work through the book. You'll need time to think and pray. I can see the positive impact this book has made in my life and am getting ready to read it again. Since my first purchase, I have

bought a box-full of additional copies to give to others. One woman said, "This book is kicking my fanny. It is soooo good. I need this."

Set Free to Live Free is just that freedom from all the lies we as woman have become comfortable with through the years. It is an awesome book written in such a way it is almost like talking with a dear friend. The scriptures are food to the soul. It is like working through the lie and then replacing the lie with the truth of God's Word and His many promise. Saundra Dalton-Smith wrote in such a way that everyday woman feel comfortable reading it. I have recommended this book to several friends.

This book was recommended at my church. Easy to read. Lots of Scripture references. Related to my life and struggles and had insights that made me think and encouraged me to change my attitude.

This book peeled back so many layers of my life with each chapter, leaving me in tears as each lie was revealed. Great for a women's small group!

Really helps you to view yourself the way God views you and gives you a prescription to heal from the mental lies and ties that bind us and leave us stuck in life. Enjoyed very much.

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