



# Lord, Help Me Break This Habit: You Can Be Free from Doing the Things You Hate

*Quin Sherrer, Ruthanne Garlock*

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It's a constant struggle, familiar to everyone--a habit that they hate but just can't seem to beat. And for most people, it's the "acceptable" sins that put up the biggest fight. Gossip. Complaining. Holding a grudge. Overindulging. Lord, Help Me Break This Habit is for anyone who has ever wrestled with destructive habits and wants to be free. Bestselling authors Sherrer and Garlock intersperse Scripture with stories of real people who have struggled with the same things and overcome, giving readers both the tools and the confidence to change. The straightforward yet compassionate approach will speak to anyone--pastors, counselors, and laypeople.

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