



# True Confessions, prayers to heal the secrets in your soul

*Linda Schubert*

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**True Confessions, prayers to heal the secrets in your soul** Linda Schubert

This is a book about parts of ourselves that we sometimes don't want to admit. And yet, as we bring them to God He opens great fountains of grace. Inviting God into our negative emotions and painful struggles often bring the deepest growth and healing in our lives. This booklet gives some practical steps to processing anger, fear, insecurity, failure, rejection, etc. Widely used by counselors, clergy and individuals in helping professions.

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