

Empowering guidance on facing the past and discovering the joy of abundant life

According to the World Health Organization, hundreds of millions of people around the world struggle with emotional and relational issues, and do not have access to help. *LifeCare* is a response to this crisis, an empowering resource to help people find a new sense of healing, build on their strengths and gain new tools for their life that will release them to be who God created them to be.

For those seeking freedom from the past, personal growth in the present, and a life of purpose, *LifeCare* provides a helpful framework that empowers readers to step into the abundant life they have been made for, and lead others along that path too. For all who feel called to work on difficulties in their life and relationships, whether in counselling and pastoral care, or in small groups and other discipleship contexts, this book encourages healing and growth through community – in vulnerability and authenticity with others.

Bringing together discipleship practices, Christ-centered recovery skills and research-supported pastoral care exercises, *LifeCare* will guide you through the process of attending to your past, your thought life, emotions, behaviors and difficult circumstances to help you find the joy and purpose of abundant life – life to the full.

Author

Solome Skaff holds a Masters Degree in Counselling from Dallas Theological Seminary, and a Masters by Research in Counselling and Psychotherapy from the University of Edinburgh. He is a Licensed Professional Counsellor, and has over 15 years of experience in restoration ministries. He currently serves with the Greater Europe Mission, and leads the care ministry of Central Church, Edinburgh, Scotland.

Readership

- Those who are struggling with emotional and relational issues, or who feel they are unable to move forward from the past
- Those who are seeking to deepen their understanding of themselves and their understanding of faith
- Counselling and pastoral care teams
- Small groups and discipleship groups

Key Selling Points

- An empowering and accessible guide to overcoming emotional and relational difficulties in a healthy and informed way
- Practical help for those who want to experience true freedom from unresolved past and present hurt
- Combines research-supported pastoral counselling experience with well-informed deep theology
- The first resource in this series, to be followed by a Leader's Guide and a Workbook



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