



Radical Well-being: A Biblical Guide to Overcoming Pain, Illness, and Addictions

Rita Hancock

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Radical Well-being: A Biblical Guide to Overcoming Pain, Illness, and Addictions Rita Hancock What's blocking you from experiencing total wellness?

Research increasingly shows a strong connection between our spiritual life, our emotions, and our physical well being. Yet too often our physical conditions are treated without taking our whole lives into account. In *Radical Well-being*, Dr. Rita Hancock shows you how your mind, body, and spirit are connected and addresses the factors that can contribute, and even cause, illness, addictions, and chronic pain.

If you suffer from medical conditions like fibromyalgia, migraine headaches, neck or back pain, irritable bowel syndrome, jaw pain, food and drug allergies, depression, anxiety, or unwanted behaviors such as overeating, an eating disorder, overspending, drug abuse or alcoholism, Radical Well-being will show you a biblical, whole-body approach to overcoming your condition. With nearly twenty years of experience counseling patients from a balanced, mind/body/Holy Spirit perspective, Dr. Rita gives you practical nuts-and-bolts advice, including how to:

- Identify the lies that are manipulating you from a subconscious level
- Deal with emotional factors that can make your pain seem worse
- Address addictive behaviors that you want to get rid of
- Fully accept God's love and forgiveness on a deep, healing level

True freedom and improved health come when deeply-rooted lies are illuminated and replaced with knowledge from the merciful heart of God. Radical Well-being will help you feel better in all three domains-in your mind, body, and in your spirit. You will end up feeling the way one of Dr. Rita's patients put it: "Like the weight of a skyscraper has been lifted off my shoulders."



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