



Breaking the Addictive Cycle: Deadly Obsessions or Simple Pleasures

David Powlison

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You are bored or stressed or hurt. Something is hard in life and you want a break. What do you grab for that you hope will protect, soothe, and comfort? Whatever it is - shopping, overeating, drinking, drugs - promises relief, but never delivers. Instead, you are left feeling empty, anxious, guilty, and wanting more. In CCEF's *Breaking the Addictive Cycle: Deadly Obsessions or Simple Pleasures?*, David Powlison shares that God made us for rest and pleasure, not for an obsessed and unsatisfied life. Understanding the true pleasure that comes from loving God and enjoying the good gifts he has given us will reorder your thinking and bring you freedom from your obsessions. Take the practical suggestions that David Powlison outlines here and see how your pleasures increase and your obsessions decrease. All the minibooks in our Christian bookstore offer gospel-centered hope for everyday issues like parenting, marriage, and personal change. These easy-to-read discipleship and biblical counseling resources tackle life's toughest issues in 30 minutes or less. Minibooks are frequently used by pastors and ministry leaders to help others apply biblical wisdom to specific life issues. Churches, biblical counseling ministries, and missional organizations make the minibooks available in their acrylic display cases to further discipleship and gospel-centered living.

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