



Resource Guide

Below you will find a list of resources that may be beneficial as you work through some of the hurt you have experienced through the years. These resources are provided to help you move toward a healthier version of you. We believe God has uniquely equipped His body with men and women who are trained to walk with you through difficult circumstances. You were not meant to do life alone. Do it in groups!

Books:

- Emotionally Healthy Spirituality by Pete Scazzero
- The Emotionally Healthy Leader by Pete Scazzero
- Boundaries by Dr. Henry Cloud & Dr. John Townsend
- Resolving Everyday Conflict by Ken Sande
- When Sinners Say I Do by Dave Harvey

Counseling Services:

- Counseling ATL, Stephanie Cook LCT
Stephanie@CounselingATL.com
- Lakeba Williams, PhD, LPC, NCC
lakebawilliams@gmail.com
334-581-4913
- Blueprint Church has a counseling
<https://www.blueprintchurch.org/counseling/>
- Hope Counseling Center
<https://hopecounselingatlanta.com>

Right Now Media:

- Changes that Heal by Dr. Henry Cloud
- Comforting the Afflicted by Tony Evans
- When You've Been Wronged by Erwin Lutzer
- Confessions by XXX Church
- Love and Respect by Emerson & Sarah Eggerichs