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Counterfeit Comforts: Freedom from the Imposters That Keep You from True Peace, Purpose and Passion

Robia Scott

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How do we overcome what we are being overcome by--whether depression, anxiety, overeating, a negative view of ourselves or any other stronghold--in order to experience the freedom that is available to us in Christ?

When the pressures of life become overwhelming, we often find ourselves turning to food, shopping, alcohol, television or whatever our "counterfeit" might be in search of the relief, release and peace we are longing for. These choices are not necessarily bad, but the satisfaction is merely temporary. Before we know it, we can find ourselves enslaved by addictive and destructive behaviors, but there is a way out.

With grace and warmth, author Robia Scott shows how true healing and lasting satisfaction can be found only as we learn to transfer our dependence from counterfeit comforts onto our one true Comforter: the Holy Spirit. Drawing from the experience of battling her own counterfeits--primarily her tumultuous relationship with food and obsession with dieting, weight and body image--Robia leads you step by step through the process of transformation. It is through learning how to experience and connect with the Person, the presence and the power of God that we discover who we truly are, and acquire freedom to live the life of purpose that we were created for.

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