



# **Becoming Who God Intended: A New Picture for Your Past, A Healthy Way of Managing Your Emotions, A Fresh Perspective on Relationships**

*David Eckman*

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## **Becoming Who God Intended: A New Picture for Your Past, A Healthy Way of Managing Your Emotions, A Fresh Perspective on Relationships** David Eckman

*Becoming Who God Intended* answers the heart questions of those who are deeply frustrated with their Christian life:

- Is it “normal” that my emotional experience doesn’t match up with the Bible?
- Why do I feel “alive” only when I engage in habitual sins and compulsions?
- Do I just have to live with anxiety, anger, shame, and depression?

Every person’s “heart life” is filled with *pictures* of reality—often false ones, says David Eckman. But as believers use the truth of their new identity in Christ to develop *biblical* pictures, they will be able to truly accept God’s acceptance of them, be freed from negative emotions and habitual sins...and finally experience a life that matches what Scripture promises.

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