

LIVING FREE!

Finding Freedom from Habits That Hurt

Program Overview and Handouts:

Living Free! Finding Freedom from Habits that Hurt. The roots of addiction are deep and tangled, and they evolve over time. What does it take to heal a brain ravaged by stress, broken by bad habits and negative thinking, and the assault of spiritual and environmental forces? Discover powerful tools for renewal, restoration, and recovery in a world full of crises and confusion.

Living Free works on the principle of repetition and expansion of knowledge, principles, and action steps, and provides an opportunity to inspire and motivate in an atmosphere of warmth and encouragement, as well as build accountability, strength, perseverance, and faith. **This series does not take the place of necessary medical or psychological care.** Encourage participants to work with their healthcare provider.

Session 1: The Addicted and Learning Brain. Addictions are about broken connections—in the brain, with each other, with life principles, and with God. A look at the big picture and the even bigger promises and plan.

Handouts:

- **Balanced Living Tracts:** 1. Free on the Inside; 2. Depression: Lifestyle Keys for Beating the Blues; 3. Immune Health: Your Firm Foundation
- 7 Goals for a Designer Lifestyle
- Recipe: Apple-Oat Delight
- Extra: **Living Free** Book: Chapter 1: The Addicted Brain

Session 2: Freedom Keys. It's one thing to achieve freedom—it's another to maintain it over time. Discover practical, powerful principles for getting and staying free. Be inspired by amazing success stories—against all odds.

Handouts:

- **Balanced Living Tracts:** 1. Engineered for Success; 2. Mind/Body Health Connections; 3. Digestion: A Churning Question
- 7 Steps for Setting and Reaching Goals
- Recipe: Vegetable Bean Soup
- Extra: **Living Free** Book: Chapter 2: The Learning Brain

Session 3: Your External Environment: Lifestyle. When it comes to building a better brain, body, and life, lifestyle matters. Quick fixes and gimmicks will not heal a broken brain or help you win the battle against bad habits. Discover what works!

Handouts:

- **Balanced Living Tracts:** 1. These Doctors Still Make House Calls; 2. Alcohol: Why Not? 3. Up in Smoke
- Advantages of a Healthful Breakfast
- Recipe: Three Bean Salad Deluxe
- Extra: **Living Free** Book: Chapter 3: Junk Food Junkie

Session 4: Your Internal Environment: Attitude. Attitude, social networks, lifestyle, and spiritual renewal are woven together to create the mental mettle to confront obstacles. There is hope for the harried!

Handouts:

- **Balanced Living Tracts:** 1. Change Your Mindset—Change Your Life; 2. Who Can I Trust? 3. Life out of Loss—Growth out of Grief
- Stress Savers in a Nutshell
- Recipe: Easy Pizza and Super Slaw
- Extra: **Living Free** Book: Chapter 9: The Attitude Factor

Session 5: Connections and Situational Awareness. In your quest for freedom, situational awareness is key. We explore what it is, and how to strengthen it.

Handouts:

- **Balanced Living Tracts:** 1. Connections: Why Relationships Matter; 2. The Entertainment Trap; 3. The Buzz on Beverages
- Designer Activities for an Enriched Life
- Recipe: Savory Greens and Cherry-Oat Cookies
- Extra: **Living Free** Book: Chapter 7: Healing the Broken Brain: Connections and Community

Session 6: Habits that Last. It's one thing to achieve a goal, it's another to maintain it over time. Learn the difference between “outcome” versus “identity” based change. Tools for a new life that lasts!

Handouts:

- **Balanced Living Tracts:** 1. Finding Peace in Your Crazy-Busy World; 2. Hurried, Worried, and Buried; 3. Healthy Weight Helps
- Exercise, It Goes to Your Head
- Recipe: Haystacks and Creamy Cheese Sauce
- Extra: **Living Free** Book: Chapter 8: Healing the Broken Brain: Lifestyle and Environment