



Insecurity Detox: A Breakout Plan to Rejuvenate Your Body, Mind, and Spirit

Trish Blackwell

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What if you could experience a unique detoxification that would rid you of insecurity, self-doubt, worry, fear, anxiety, and more—and all those “impurities” could be replaced with confidence, purpose, joy, and better relationships? That’s what *Insecurity Detox* is all about.

In this book you will find thirty very doable detoxes that will help you get rid of the toxic mindsets and behaviors that pull you away from God’s truths and your best self, and replace them with a new way of thinking and acting.

This progressive detoxification journey can be done in thirty days, thirty weeks, or whatever works best for you and your busy schedule. Each detox builds on the ones before, and as you journey through this unique 3-fold approach, you’ll find healing for your body, mind, and spirit. With healthy eating tips, ways to reprogram your thinking process, and meaningful principles for your spiritual life, the whole direction of your life can change.

Each of the thirty chapters has three detoxes—for body, mind, and spirit—that will teach you new thought strategies and practical applications that will empower you to live with a positive perspective, grounded in God’s love and purpose for you. What we tell ourselves about ourselves either steals the joy of life from us or infuses us with ever-growing life. In this book, you will discover a new life for yourself where dreams really do come true.

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