



Hiding from Love

John Townsend

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When you experience emotional injury, fear, shame, or pride your first impulse is to hide the hurting parts of yourself from God, others, even yourself. Often you've learned these hiding patterns during childhood to protect yourself in a threatening environment. The problem is that when you hide your injuries and frailties, you isolate yourself from the very things you need in order to heal and mature. What served as protection for a child becomes a prison to an adult. In *Hiding from Love*, Dr. John Townsend helps you to explore thoroughly the hiding patterns you've developed and guides you toward the healing grace and truth that God has built into safe, connected relationships with himself and others. You'll discover: The difference between "good" and "bad" hiding, Why you hide the broken parts of your soul from the God who can heal them, How to be free to make mistakes without fear of exposing your failures and imperfections, How to obtain the joy and wholeness God intends you to have through healthy bonding with others. *Hiding from Love* will take you on a journey of discovery toward healing, connected relationships, and a new freedom and joy in living.

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