# "HOLD THAT THOUGHT"

PSYCHOLOGY + SPIRITUALITY = TRANSFORMATION

## THE PROBLEM

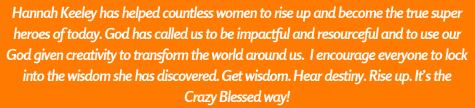
Our society today has is more at risk to falling victim to their feelings than ever before. In a world that is screaming at you to follow your heart, do what you feel, and succumb to your feelings... We are called to so much more.

#### **KEY TAKEAWAYS**

- · Learn how to take your thoughts from the unconscious to the conscious.
- Develop emotional resiliency so you are not mastered by your feelings.
- · Implement key strategies to turn your thoughts toward the most favorable outcome.

## THE SOLUTION

We are instructed as believers to take thoughts captive. But how do we actually accomplish that? Hannah lays out a fail-proof plan on how to take authority over your thoughts and leverage them to create the life you desire.



**KELLIE COPELAND - PASTOR, AUTHOR, & TV SHOW HOST** 





















