

Freedom from Addiction Workbook: Breaking the Bondage of Addiction and Finding Freedom in Christ

By Neil T. Anderson, Mike Quarles, Julia Quarles



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Many Christians are locked in a cycle of addiction, particularly in the areas of alcohol and drug abuse. Many have turned to twelve-step programs for help. But where is the incredible power of Christ in this process? In a positive, noncondemning way, Anderson provides an alternative model of recovery for substance and alcohol abusers, a model that will also work for individuals struggling with other kinds of addictions. The first half of *Freedom from Addictions* tells the unbelievable story of Mike and Julia Quarles, and how Mike overcame a debilitating addiction to alcohol. He achieved success by applying the principles that make up the central theme of Dr. Anderson's message: that we are saints according to God's Word (Ephesians 1) and that true freedom comes from realizing our identity in Christ.

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Editorial Review

About the Author

Dr. Neil T. Anderson is founder and president emeritus of Freedom in Christ Ministries. He was formerly the chairman of the Practical Theology Department at Talbot School of Theology. He holds five degrees from Talbot, Pepperdine University, and Arizona State University, and has authored several bestselling books on spiritual freedom, including *Victory Over the Darkness* and *The Bondage Breaker*.

Julia Quarles, along with her husband, Mike, has been with Freedom in Christ Ministries since 1994. They currently direct the Freedom in Christ Recovery Ministry. They have coauthored the following books with Neil Anderson: *Freedom from Addiction, Freedom from Addiction Workbook,* and *One Day at a Time*. They have three grown children and seven grandchildren and live near Atlanta, Georgia.

Mike Quarles, along with his wife, Julia, has been with Freedom in Christ Ministries since 1994. They currently direct the Freedom in Christ Recovery Ministry. They have coauthored the following books with Neil Anderson: *Freedom from Addiction, Freedom from Addiction Workbook,* and *One Day at a Time*. They have three grown children and seven grandchildren and live near Atlanta, Georgia.

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