

Mind Games: Advice, Stories, and Truth for Thinking Free

Matthew Paul Turner



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This autobiographical book details Matthew Paul Turner's personal battle with anxiety depression, codependence, and fear and the impact these debilitating conditions had on his personal and spiritual relationships. Culminating in his ultimate decision to seek medical treatment for his problems, "Mind Games" shares Matthew's revelation that true freedom comes from knowing what you're battling against, realizing there is help available, and having the grace within yourself to seek that help.