



## Chains Be Broken: Finding Freedom from Cutting, Anxiety, Depression, Anorexia, and Suicide (Paperback)

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By Shannon Leigh Rowell

Higherlife Development Service, United States, 2010. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book. Shannon listened as the counselor talked to her mother. He explained that kids involved with cults have a very low recovery rate. Add anorexia, depression, cutting, and substance abuse, and Shannon was quickly labeled a lost cause. Be prepared, the counselor told Shannon's mother. You may lose your daughter. There are no lost causes! Chains Be Broken is Shannon's story, told in her own words. Maybe it is your story too, or the story of a child or loved one. The details of Shannon's spiral into the depths of darkness are not for the faint-of-heart-yet her story is full of hope and the power of God to break even the strongest chains that surround a young person's heart.



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### Reviews

*This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Ally Reichel**

*This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You won't feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).*

-- **Prof. Kirk Cruickshank DDS**