ABOUT THE AUTHOR

A person smiling for the camera

Description automatically generated with low confidence

For more than twenty years, Iris Hackett has practiced as a Licensed Professional Counselor in clinical and private practice settings. Decades of service have driven her passion to help wounded souls heal mentally, emotionally, and spiritually from traumatic life experiences that limit the progress and growth of her client, and ultimately impedes the destiny and life purpose of the wounded.

“Be Transformed in the Spirit of Your Mind and Heal Your History” is a unique book designed to assist the reader in their journey to whole-life healing by integrating Evidenced-Based Therapeutic Counseling with Bible-Based healing teaching to provide a holistic approach in the healing process.

In this Workbook you will learn how to:

* Understand how your history affects your destiny
* Understand the mental, emotional, physical, and spiritual effects of Trauma
* Identify and Understand your Offense Cycle
* Identify the root of Self-defeating Thoughts and Behavior
* Identify Soul Ties and Strongholds
* Apply the Armor of God in your Daily Life
* Learn to use Spiritual Weapons of Warfare
* Renew the Spirit of your Mind