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New Xulon Title Shows How to Break Emotional Addictive Cycle To those confronted with spiritual challenges, new book is a godsend

LONGWOOD, FL—If you or a loved one has ever experienced abuse, domestic violence, emotional addiction, spiritual dilemmas, or self-esteem issues, then Nicole C. Barber's ***A Restored Vessel: A Guide to Overcoming Trauma*** (paperback, 978-1-60647-133-3) is just the cure—all you need to learn how to overcome emotional, mental, and spiritual turmoil. This new book gives excellent instruction on how to combine practical tools with a godly partnership for deliverance from pain—and Barber is a living example of a restored individual who has used these tools to great effect.

Says Barber, “[You] will be able to learn how to accept who you are and love who you have been created to be, break the emotional addictive cycle, reprogram negative thinking into positive thinking, forgive in order to experience wholeness, stop living under misconceptions, let go of the past, press forward into the future, and trust God through your emotional and mental healing.”

With more than 16 years of professional experience and her position as a licensed clinical professional counselor, Barber has discovered a great need to impart knowledge to and minister to individuals who are or have been confronted with spiritual challenges. Therefore, she has embarked on a mission to assist those who are in need of their own restoration. To that end, *A Restored Vessel* is a sterling example of how to empower yourself with a clear biblical perspective of God's mercy and grace.

Nicole C. Barber currently resides in Baltimore, Maryland.

Xulon Press, a part of Salem Communications Corporation, is the world's largest Christian publisher, with more than 5,000 titles published to date. Retailers may order ***A Restored Vessel*** through Ingram Book Company and/or Spring Arbor Book Distributors. Salem Communications is the country's leading Christian communications company with interests in radio, Internet, and magazine publishing.