

# *Finally* **Free**

*Living In Peace by Releasing Your Past*



*Jennifer* **Kostyal**

# Finally Free Living In Peace By Releasing Your Past

**Brian P. Ramos**



## **Finally Free Living In Peace By Releasing Your Past:**

Finally Free Jennifer Kostyal, 2012-05-15 Current statistics reveal that 1 in 4 girls and 1 in 6 boys are sexually abused before the age of 18 Jennifer Kostyal became one of those statistics Jennifer's story reads like a Hollywood movie The blonde blue eyed beauty pageant winner was raised in a religious cult molested for ten years by a family member and later became involved in abusive relationships as an adult Finally on the verge of mental collapse she made the decision to end her own life and would have except for a miraculous intervention It was the turning point to Jennifer's eventual healing in every aspect of her life Finally Free is more than just a miraculous testimony of God's grace as Kostyal shares teaching and insight that helped set her free from rejection fear anger low self esteem and the host of issues common to those who have experienced sexual mental and physical abuse Finally Free How to Live in the Present by Letting Go of the Past is more than a story of survival It is your step by step manual to walk out of the darkness of your pain and enter into the light of hope and healing that leads to your destiny God wants you to realize that when you are Finally Free you are no longer defined by your painful past but rather the peace and joy of your future

**Finally Free** Jennifer Kostyal, 2012-12 Are you being held prisoner by your past Do fear rejection low self esteem anger or anxiety seem bigger to you than your future Jennifer Kostyal shares spiritual insight on how she overcame her past of sexual mental and physical abuse Statistics reveal that one in four girls and one in six boys are sexually abused before the age of eighteen Raised in a religious cult molested for years by a family member and lured into an abusive relationship as an adult she contemplated suicide as her only choice to be free Freedom from her past came through divine intervention that put her on the path to mental and spiritual wholeness Finally Free Living in Peace by Releasing Your Past is your step by step guide to help you walk out of the darkness and pain you have endured so that you can enter into the light of hope and healing today You too can be Finally Free no longer being defined by your painful past but rather the peace and joy of your future Your freedom and destiny await a testimony of grace and bondage breaking healing the masses need not despair Jason Lanier Pastor of Worship Ministries Lee Park Baptist Church I am blessed to use her material in my counseling practice Joanne G Davenport MA CAS NCC LPC Licensed Professional Counselor a living testimony used to set others free Phil Ortego Senior Pastor Scotts Hill Baptist Church

**Finally Free Bible Study** Jennifer Kostyal, 2014-03-06 A Seven Week Journey to Freedom from Your Past Are you being held prisoner by your past Do fear rejection low self esteem anger or anxiety from your past seem bigger to you than your future Jennifer Kostyal gives you a biblical and spiritual path of freedom from your painful past to your peaceful future Created as a stand alone companion piece from the best selling book Finally Free Living in Peace by Releasing Your Past this study guide will walk you through the important steps to your freedom It provides the scriptures and tools that will allow you to strip off the layers of hurt sorrow betrayal failure and rejection that hold onto you from the past and enable you to live free Created for individuals or group use each week of the study focuses on different biblical people who faced their own battles to be free

from a painful past In each case against incredible odds they were healed and set free The first step in their journey was to lay aside the grips of their painful past Will your story be next Allow God to redeem your past heal your hurts and receive and walk in the destiny freedom and purpose your future holds Living Free Karen Hope,2018-01-09 She tried to run She tried to hide Her life for thirty years was spent living behind a mask holding onto her imperfections or what she thought were imperfections No one knew the real her Author Karen Hope didnt know the real her In Living Free she shares how fear shame and guilt held her back from living the life she was created to live Her journey was filled with traumas old wounds hurts and layers of fear and anger She didnt know who she was In the memoir Hope tells how she engaged on a trek a journey back to finding her true authentic self She narrates how she confronted the past to break free from religious abuse and control and the courage and faith it took to understand and know she could live her life as her real person Honest personal and self reflective Living Free offers a story of Hope finding herself and her own freedom Through her journey she encourages others to step out in faith to the love and peace they deserve **Finally Free Bible Study** Jennifer Kostyal,2014-03-16 A Seven Week Journey to Freedom from Your Past Are you being held prisoner by your past Do fear rejection low self esteem anger or anxiety from your past seem bigger to you than your future Jennifer Kostyal gives you a biblical and spiritual path of freedom from your painful past to your peaceful future This seven week study course is the next step in your journey to be free from the pain that holds you in your past and keeps you from the future God has planned for you Created as a stand alone companion piece from the best selling book Finally Free Living in Peace by Releasing Your Past this study guide will walk you through the important steps to your freedom It provides the scriptures and tools that will allow you to strip off the layers of hurt sorrow betrayal failure and rejection that hold onto you from the past and enable you to live free and stay free in your future Created for individuals or group use each week of the study focuses on different biblical people who faced their own battles to be free from a painful past In each case against incredible odds they were healed and set free They are noted in history as individuals who fulfilled their destiny to do mighty things for God The first step in their journey was to lay aside the grips of their painful past Will your story be next Allow God to redeem your past heal your hurts and receive and walk in the destiny freedom and purpose your future holds Your peace awaits Jennifer Kostyal is a dynamic speaker teacher author and founder of Jennifer Kostyal Ministries **Living the Christ Life** Louise Mangan,Nancy Wyse,Lori Farr,2001 This valuable program resource for clergy worship planners and lay leaders offers practical tools for celebrating the Christian year at church home or school Organized around the cycles of Christmas and Easter it provides activities craft ideas prayers meditations and ways to encounter scripture Background information to origins of festivals colors symbols and art of the various seasons will help you deepen your understanding and experience of Christian faith Indexed by scripture reference and theme Includes a glossary Permission to photocopy portions of text and prayers for use in worship services The Tapping Solution Nick Ortner,2013-04-02 In the New York Times best selling book The Tapping

Solution Nick Ortner founder of the Tapping World Summit and best selling filmmaker of The Tapping Solution is at the forefront of a new healing movement In this book he gives readers everything they need to successfully start using the powerful practice of tapping or Emotional Freedom Techniques EFT Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives Using the energy meridians of the body practitioners tap on specific points while focusing on particular negative emotions or physical sensations The tapping helps calm the nervous system to restore the balance of energy in the body and in turn rewire the brain to respond in healthy ways This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions Because of tapping s proven success in healing such a variety of problems Ortner recommends to try it on any challenging issue In The Tapping Solution Ortner describes not only the history and science of tapping but also the practical applications In a friendly voice he lays out easy to use practices diagrams and worksheets that will teach readers step by step how to tap on a variety of issues With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships Ortner opens readers eyes to just how powerful this practice can be Throughout the book readers will see real life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back from creating the life they want

**The Art of Stress-Free Living** Brian P. Ramos,2019-12-03 A neuroscientist and Yoga master teaches the life changing secrets to mastering stress Do you feel like stress is affecting your ability to be yourself Is it causing problems in your relationships or in your business If so it s time to craft your life into something better Simple changes in your lifestyle can help you deal with any stressor in a healthy and balanced way leaving you in the right state of body mind and spirit to enhance your connection to others enrich your life and empower your business efforts The Art of Stress Free Living offers a conscious approach to health and wellness that allows you to be the best version of yourself no matter what the circumstance This guide can teach you how to Reprogram yourself to naturally react to stress with confidence and power Reduce your risk of diabetes cancer mental illness and neurodegenerative diseases all linked to a lifetime of uncontrollable stress Deal with stress while reserving energy for the activities and people you love Develop practices that you can use throughout your day even at work to reduce long term effects of stress Keep stress from negatively impacting your personal and professional relationships

*Mental Loops: Why You Do What You Don't Want to Do* Tejas Patthi,2025-07-17 Have you ever found yourself repeating the same mistakes reacting in the same ways or sabotaging your own progress even though you know better Mental Loops takes you deep into the hidden patterns that keep you stuck in behaviors you want to change but somehow continue repeating This is not just another self help book filled with surface level advice Mental Loops gives you a grounded honest look at why lasting change feels so hard even when you have awareness Through clear explanations powerful reflection exercises and real world insight this book helps you Recognize the unconscious patterns that keep you

cycling in the same loops Understand the emotional roots behind your repeated behavior Break away from stories you absorbed in childhood or past relationships Learn how to pause reflect and choose a new response Rebuild your life with clarity agency and conscious decision making If you struggle with procrastination overthinking reactive emotions relationship triggers or addictive habits this book offers a practical roadmap to break through You will begin to understand that the issue is not a lack of motivation or willpower It is that your mind has been running on scripts you did not consciously choose Once you see the loop clearly you can finally step out of it This book is for anyone ready to stop doing what they do not want to do and start living in alignment with their true self and values      *Worry-Free Living* Arnie Cole, Michael Ross, 2014-05-13

Winning Your Family's Battle Over Worry Worry Free Living explores every family's daily battles with stress from three perspectives how it affects our mind body and spirit and gives readers easy to follow plans for finding relief The authors help parents identify what's bugging their families and how to clarify their worries sorting them into those they can and cannot do something about What's more Cole and Ross have filled various chapters with the latest Back to the Bible research findings from Pamela Ovwigho PhD a leading researcher with the Center for Bible Engagement They also include some of the best insights advice and treatment options from a variety of medical professionals Most importantly they explain everything within the understanding of a Master Creator God who is the ultimate Counselor and Healer Ideal for individual use and group study this resource helps readers 1 Uncover the most common worries and stress points of men women kids and twenty somethings in our care 2 Become self aware evaluating the stress in our households and plotting realistic steps toward change 3 Reach out to those we love from worried spouses and in laws to teens and young children 4 Understand the difference between the mind what we think and the brain the physical processes of chemical reactions and how they contribute to worry 5 Learn to de stress our thinking and calm down our bodies 6 Give up unhealthy religiosity such as the false belief that worrying is a sign that we lack faith 7 Reject the myth that we are in control and learn to take Jesus at His word Come to me all you who are weary and burdened and I will give you rest Matthew 11:28 In the words of Dr Archibald Hart one of the experts interviewed in this book You must come down from the hills of stress and into the valleys of rest on a daily basis Our bodies are not designed for a continual state of fear worry and anxiety but instead for continual tranquility with short bursts of adrenaline Worry Free Living shows moms dads caregivers and ministers alike how to break the cycle of unnecessary suffering and find peace in Christ      **Ancient Practices for Mindful Living** Aatmanika Ram, 2025-04-29

In an era of increasing mental health concerns this book offers a personalised approach to mindfulness delving into its principles and dispelling misconceptions Addressing the fast paced lifestyles of millennials the author presents practical techniques for incorporating awareness into daily routines and transforming mindfulness from a mere practice into a lifestyle This book equips individuals with a holistic approach to remaining authentic amidst challenges It offers insights and resources for prioritising mental health with resilience and grit while giving suggestions to prioritise awareness of the vulnerabilities

within us From efficient cooking and clean eating to breathing exercises money management and relationship harmony the book provides simple and practical tips that one can embrace in all facets of life Ancient Practices for Mindful Living highlights the potential of age old tools to overcome modern challenges and foster well being This book will empower readers to slow down focus on the small moments of joy and cultivate a fulfilling existence

**Breaking Free from Overthinking:** Jonathan K. Hari, 2025-06-21 Break Free from the Overthinking Trap Do you find yourself trapped in a cycle of endless thoughts second guessing every decision and struggling to quiet your mind Overthinking can feel like a prison keeping you stuck in self doubt anxiety and mental exhaustion But what if you could escape this cycle and reclaim control over your thoughts This book offers a powerful roadmap to help you Understand the root causes of overthinking and why it happens Identify harmful thought patterns and replace them with clarity and confidence Use mindfulness and grounding techniques to calm an overactive mind Break free from perfectionism and fear of failure Develop healthy habits that prevent overthinking before it starts Through practical techniques and actionable steps you ll learn how to silence the mental noise regain confidence in your decisions and live with a greater sense of peace and purpose Imagine a life where your thoughts serve you not control you That life starts now Scroll Up and Grab Your Copy Today

**Living at the Speed of Light** William Gray Olsson, 2000-06-16 Life was not easy in the twelfth century for the latter sons of even the wealthiest of men As King John put it For the fourth sons even of a king are among the most insignificant of God s creatures In those days the first born inherited everything A late arrival had a choice of becoming a hearth son dependent upon the largesse of his family or of seeking his fortune through his own abilities and talents The Fourth Son is the dramatic saga of a man who chose the latter path William Marshall succeeded so well in fact that he far surpassed his own family standing and left his mark on history serving eventually as regent of England This imaginative version is based on the life of a real flesh and blood man The feats of the great Knight William are recorded in history throughout the tumultuous reign of the fiery Plantagenets including the lusty Henry II and his sons the dashing Couer de Lion and the treacherous John Maintaining his position and his head in the fickle court of kings was a constant struggle what with the sibling rivalry of the king s sons and the constant friction between the English and the French who wanted nothing less than to shove the Angevins back across the channel But the besieged Knight William found his greatest challenge in his arranged marriage sight unseen to a beautiful Irish princess some twenty years his junior To his dismay he found his knightly prowess of no use in his relationship with the head strong Isabel de Clare for beneath his fierce warrior s breast there beat a tender heart with a conscience a distinct disadvantage in those days

*How to Forgive What You Can't Forget: Letting Go When Memories Won't Fade* Tim Hanson, 2025-04-15 What if peace is possible even when the pain still lingers If you ve ever struggled to let go of something that still hurts If you re tired of waiting for an apology that may never come If you want to stop carrying the weight of someone else s choices This book is for you How to Forgive What You Can t Forget is a powerful practical and heartfelt guide to emotional freedom Author Tim Hanson offers

deep insight honest storytelling and step by step support for anyone who feels stuck in anger grief shame or resentment With compassion and clarity he invites you into a healing journey not by forgetting the past but by learning how to stop it from defining your future You ll learn how to Release resentment without excusing what happened Rebuild self trust after betrayal Set boundaries that protect your peace Heal emotional wounds that still affect your present Stop replaying painful memories and start living again Whether the hurt came from a parent partner friend or even yourself this book will help you let go of what you can t change and reclaim what still belongs to you your voice your power your peace Even if they never say they re sorry you can still be free Start reading today and take your first step toward healing that lasts **The Path of**

**Self-Discovery** Pasquale De Marco,2025-08-09 The Path of Self Discovery is a transformative guide to personal growth and self discovery offering a wealth of practical wisdom and actionable steps to help you live a more fulfilling and meaningful life Through a series of insightful chapters this book explores the essential aspects of human existence from embracing mindfulness and authenticity to cultivating healthy relationships and mastering your emotions Whether you are seeking to overcome obstacles find your purpose or simply live with greater intention and awareness The Path of Self Discovery provides a roadmap to personal empowerment and well being Within these pages you will discover the power of self reflection and the importance of understanding your inner truths You will learn how to break free from limiting beliefs and cultivate empowering ones that will shape your reality The book delves into the art of mindfulness guiding you to find peace and clarity amidst the chaos of daily life Furthermore The Path of Self Discovery emphasizes the transformative power of authenticity encouraging you to live in alignment with your values and shed the masks that hold you back It explores the path of purpose helping you to identify your unique calling and live a life that is both meaningful and fulfilling Relationships are an integral part of human existence and this book provides insights into building healthy and fulfilling connections It highlights the importance of effective communication conflict resolution and cultivating love and compassion in all your relationships Ultimately The Path of Self Discovery is a guide to self mastery empowering you to take control of your thoughts emotions and actions It teaches you to set boundaries develop discipline and live with intentionality By embracing the wisdom contained within these pages you can embark on a journey of personal growth and transformation that will lead you to a life of greater purpose fulfillment and well being If you like this book write a review [How to Stop Worrying and Start Living Fully: From Overthinking to Inner Peace](#)

Ranjot Singh Chahal,2025-04-21 In a world that never stops moving our minds often get trapped in a cycle of worry stress and self doubt But what if you could break free from that mental clutter and step into a life filled with peace presence and purpose In How to Stop Worrying and Start Living Fully author and poet Ranjot Singh Chahal takes you on a powerful journey from anxiety to awareness from overthinking to inner stillness Drawing on timeless wisdom modern mindfulness techniques and heartfelt insights this guide gently leads you through the process of understanding your worries quieting your inner critic and reconnecting with the joy of now Through relatable reflections and



practical steps you ll learn how to Let go of the need to control everything Cultivate a calm and present mind Discover meaning in the little moments Build an environment that supports emotional peace Live with greater intention and fulfillment This isn t just a book it s a companion for anyone ready to embrace a more mindful worry free life Whether you re at the beginning of your journey or seeking to deepen your inner peace Ranjot Singh Chahal s words will uplift inspire and guide you every step of the way

Minimalism for Regular People Michael Martins,2015-04-24 Minimalism for Regular People Are you tired of stuff owning your life Do you feel your life is too cluttered to focus on the things which are important to you Would you like to simplify your life without going crazy about it Minimalism for Regular People How to Simplify Your Life without Going Crazy about It was written for people who want to become minimalists yet prefer to own more than 100 things or just one couch Minimalism Isn t about Living Like a Monk The book shares with you numerous examples on how to simplify and find balance in your life without following the dogmatic principles of extreme minimalism that are very difficult to apply for a regular person Here s what you ll learn from the book how to deal with digital clutter to bring your attention back to the present moment how to escape the consumerist lifestyle why minimalism is NOT a new fad and has been with the humanity for hundreds of years how to achieve moderation in minimalism I won t tell you that you have to live with 100 things a simple process to de clutter your home without going crazy about it it s simple and ensures you won t regret getting rid of your possessions why acceptance is a necessary step toward a happier and simpler life why multi tasking will clutter your life and what to do about it 5 currencies of minimalists and none of them have anything to do with dollars pounds euros or yens your greatest and least appreciated currency all minimalists place this currency at the top of their pyramid of importance 13 ways to adopt the minimalist mindset why buying more stuff will never lead to the true joy and how to achieve it the difference between simplification and impoverishment most proponents of minimalism give advice that leads to impoverishment how to deal with toxic relationships in your life you don t have to cut ties with all negative people in your life how to clear your daily schedule and restore balance in your daily life Do You Want to Live with Just 100 Things Who wants to live with just 100 things Do you want to live with only the bare necessities and cuss every time you realize you only have two plates and three forks Life is meant to be enjoyed and Minimalism for Regular People will teach you how to do it without unnecessary clutter and zero extreme minimalism dogma P S All buyers will receive a free gift and access to exclusive content to help them simplify their lives Keywords Minimalism minimalism declutter how to be a minimalist minimalist living minimalist lifestyle minimalist guide inspirational motivational transformational minimalism simplify live simplify minimalist how to simplify your life minimalist life minimalist home minimalism books minimalism household minimalism how to become a minimalist minimalism made easy minimalistic living

Let Go Courageously and Live with Love Laura Staley,2016-07-19 The essays in Let Go Courageously and Live with Love are the stories of a feng shui consultant who has been a daughter mother wife and now single woman with adult children They explore the theme of mustering the courage to let go of

belongings thoughts patterns and relationships to live a beloved life Using insights gleaned from her feng shui training and her work with clients for more than a decade Laura Staley shares inspiring ideas for you to consider for your home and life You will gain practical and profound ideas about creating a life you enjoy inside a home you love This book captures the deep beauty of feng shui Laura s voice rings clear with authenticity vulnerability and strength as her stories move you into the kind of self inquiry that can reveal hidden treasures in your own life stories I ll read and be inspired by again and again Terah Kathryn Collins best selling author of *The Western Guide to Feng Shui*      *Meditation for Beginners A Step-by-Step Guide to Inner Peace* Ahmed Musa,2024-12-23 Life can feel overwhelming constant distractions endless demands and the weight of stress pulling you in every direction What if there was a way to find calm clarity and balance in the midst of it all *Meditation for Beginners A Step by Step Guide to Inner Peace* is your perfect starting point for exploring the transformative power of meditation no experience required This book is designed to make meditation accessible simple and practical for everyone With step by step instructions and easy to follow techniques it takes the mystery out of mindfulness and equips you with the tools to create a lasting meditation practice Inside you ll discover The Basics of Meditation Learn what meditation is how it works and the many benefits it can bring to your mind body and spirit Guided Techniques Step by step instructions for foundational practices like mindful breathing body scans and loving kindness meditation Building Your Routine Tips for creating a consistent practice that fits your schedule and lifestyle Overcoming Common Challenges Solutions for dealing with distractions restless thoughts and self doubt as you start your journey Stress Relief and Relaxation Simple methods to calm your mind reduce anxiety and cultivate inner peace in just minutes a day Long Term Growth How to deepen your practice over time and experience greater clarity focus and happiness Whether you re looking for a way to relax manage stress or explore personal growth this book is your guide to making meditation a natural and rewarding part of your life *Meditation for Beginners* isn t just about sitting still it s about learning to live with presence intention and peace Start your journey to inner calm today The path to peace begins with your first breath      **You Don't Need a Budget** Dana Miranda,2024-12-24 Free yourself from the tyranny of toxic budget culture and build an ethical stress free financial life Track every dollar you spend Check your account balances once a week Always pay off your credit card bill in full Make a budget and stick to it These are just a few of the edicts you ll find in virtually every personal finance book But this kind of rigid one size fits all advice usually written for and by wealthy white men and a few women with little perspective on the money struggles that many people face is unrealistic and only creates stress and shame As a financial journalist and educator Dana Miranda is on a mission to liberate readers from budget culture the damaging set of beliefs around money that rely on restriction shame and greed much like diet culture does for food and bodies In this long overdue alternative to traditional budgeting advice Miranda offers a new approach that makes money easy for everyone regardless of the numbers in their bank account Full of counterintuitive advice like how to use debt to support your life goals how to plan for retirement without a 401K and how to

take advantage of resources that exist to support those left behind by the forces of capitalism You Don t Need a Budget will empower readers to get money off their mind and live the lives they want

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## **Finally Free Living In Peace By Releasing Your Past Introduction**

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