

## Lessons Learned: If I Knew What I Know Now (Paperback)



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*(Freddie Zulauf)*

## LESSONS LEARNED: IF I KNEW WHAT I KNOW NOW (PAPERBACK)



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Young women face multiple challenges as they navigate early adulthood. Society teaches that self-worth is intimately tied to appearance, material possessions, and social status. The pressure to engage in premarital sex is enormous and often leads to involvement in toxic relationships. Candace N. Matthews understands. She has faced these obstacles and expectations, making many mistakes along the way before faith and God's love gave her the strength needed to overcome such challenges. In *Lessons Learned*, Matthews draws on personal experience to show how detrimental low self-esteem, premarital sex, and toxic relationships affect women. Candid reflections drawn from her detailed journals help illustrate the pitfalls society puts in front of women-and indeed expects young women to willingly fall into. More importantly, Matthews reveals how building a relationship with God through prayer and the Bible frees women from negative societal pressures, just as God freed her. Packed with practical advice for improving self-worth, maintaining a commitment to abstinence, and identifying-and avoiding-toxic relationships, *Lessons Learned* offers a way to draw closer to God, and by doing so, live life as He intended.



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