



# Reclaiming Your Heart: A Journey Back to Laughing, Loving, and Living

*Denise Hildreth Jones*

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Have you ever wondered where the abundant life Scripture promises is, and how you seem to have missed it? Do you ever catch yourself saying, “Those were the best years of my life?” A failed relationship, a health crisis, a job loss, the death of a loved one—all can cause us to hide out, go numb, give up. Before we even know it, we’re simply coping with life instead of living it to the fullest.

It happens to most of us at one point or another. For author and Bible study teacher Denise Hildreth Jones, it happened in the wake of her devastating divorce. But she fought desperately to reclaim her God-designed heart, and now, in her transparent, authentic style, Denise challenges you to do the same. Sharing stories from her own journey and others she’s walked alongside, Denise will help you identify ways you’ve given your heart to “lesser gods” like performance, people-pleasing, and control, and how to find your way back to God’s design for your life—to laughing, loving, and living life to the fullest.

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