



## The Rules of Engagement for Overcoming Your Past: Breaking Free From Guilt, Rejection, Abuse, and Betrayal

By Cindy Trimm

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**When you have a specific issue in your life, you need a specific strategy.**

We all have things in our past that can derail our futures if we don't learn how to overcome them. Strongholds and emotional attachments we allow in our lives—passed down to us from the culture, our education, and even our families—that can keep us going in circles. In her powerful style, Cindy Trimm identifies the spiritual setbacks we experience and provides practical biblically based techniques and strategies for securing your breakthrough.

There is a spiritual war going on for your future. *The Rules of Engagement for Overcoming Your Past* is a manual to help you effectively wage every battle. Using the authority you have been given by God, you can break free from...

- Guilt
- Rejection
- Abuse
- Betrayal
- Isolation, and more!

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### **Editorial Review**

#### About the Author

**Cindy Trimm** is a charismatic, motivational speaker, preacher, teacher, and former senator in the Bermuda government. She travels approximately forty-eight weeks a year, speaking at many conferences and events. She is very motivated, energetic, an aggressive self-promoter, and very interested in continued success as a key author.

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