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Comfort Detox: Finding Freedom From Habits That Bind You



Synopsis

"For too long I have lived life on comfort mode, making choices for life engagement based on safety, ease, and convenience. It has left me very little wiggle room, just a small parcel of real estate upon which to live, move, and have my being. It's not quite the abundant life Jesus was offering." Whether we're aware of it or not, our minds, bodies, and souls often seek out what's comfortable. Erin Straza has gone on a journey of self-discovery, awakening to her own inherent drive for a comfort that cannot truly fulfill or satisfy. She depicts her struggles with vulnerability and honesty, and shares stories of other women who are on this same path. Straza also provides practical insights and exercises to help you find freedom from the lure of the comfortable. This detox program will allow you to recognize pseudo versions of comfort and replace them with a conviction to embrace God's true comfort. Discover the secret to countering the comfort addiction and become available as God's agent of comfort to serve a world that longs for his justice and mercy.

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Customer Reviews

"Filled with clear steps and encouragements, Straza's robust program will bring readers freedom and a renewed zest for life." (Publishers Weekly, December 12, 2016)"In an age when the problems of the world are one keystroke away, never has it been so tempting (or so easy) to retreat into our cocoons of comfort. Never has it been more vital that we don't. In Comfort Detox, a simultaneously profound, personal, and practical book, Erin Straza invites us to live for something more than our own comfort—
to discover the truer peace that comes from knowing the divine Comforter and extending his comfort to those in need." (Hannah Anderson, author of Humble Roots and Made for

More)"Erin skillfully captures the nature of our addiction to comfort and its power and ubiquity in modern American life. Weaving personal narratives, Scripture, and practical advice, Straza shows how we can leave behind a worldly, desiccated vision of comfort for the true comfort of Christ." (O. Alan Noble, assistant professor of English, Oklahoma Baptist University, editor in chief, Christ and Pop Culture)"Our obsessive pursuit of comfort may be the most acute and least diagnosed malady of North American Christianity. In Comfort Detox, Erin Straza helps readers imagine something more glorious— if also riskier— than a life insulated from interruption, inconvenience, and even anguish. I am grateful for her invitation to keep company with Jesus— and keep watch with a sorrowing world." (Jen Pollock Michel, award-winning author of Teach Us to Want and Keeping Place)"Comfort Detox exposes the way our everyday complacencies keep us from seeing and responding to the needs of those both near and far. With compassion and conviction, Erin Straza shows us how we can and why we must break the habits that serve self rather than others." (Karen Swallow Prior, author of Booked and Fierce Convictions)

Erin Straza is a contemplative writer, heartfelt speaker, and redeemed dreamer. She is managing editor of Christ and Pop Culture Magazine and host of the Persuasion podcast. As a freelance communications consultant, Erin helps organizations tell their stories in authentic and compelling ways. She lives in Illinois with her husband, Mike.

Erin's book is warm, honest and insightful, and will be of help to anyone asking those "what is STILL missing?" life questions. A great, quick and easy read for any Christian trying to live a leaner, more holistic life, though a secular reader will benefit from the book's thesis and recommendations as well. Strongly recommend!

I would recommend this book for every follower of Christ!! This is the change the world needs. The book was exceptionally written. It is engaging, speaking to the heart, soul, and mind.

Erin is extremely talented. With two young children, it's been very hard for me to find time to read many books. But I was intrigued by this book and read very quickly. Interesting and very thought provoking

If you're willing to look at the brokenness of our world through God's eyes and ask yourself what the Lord would have you do to be a vessel of His love and comfort to wounded hearts, then this book is

for you. A favorite quote from the book, "There is too much to do and too much brokenness in this world for any of God's people to sit idle, amused by life's pursuits that benefit only ourselves."

good read

Fast delivery great book

Great book! After reading the first few pages, I couldn't put it down. Thought provoking and convicting.

This is a book for such a time as this! After the opening story about the author's trip to India, I read each page with an eagerness to learn more of what a comfort detox entails, because as the introduction states, "Detoxing is all the rage these days." I found and agreed with the premise - "We need to retrain our brains, our hearts, and our wills to seek a comfort that truly satisfies." Erin's writing is clear, authentic and instructive. At the end of each chapter, you are given practical suggestions for making personal applications. The steps are one of the reasons this "Comfort Detox" journey has the potential to change lives. The author writes with an appropriate transparency, which also adds credibility to the suggested activities presented under the banner "Comfort Cleanse." My favorite chapter is 6 - The Comforted. She introduces concerns about hearing a 'single story,' pulling this concept from a TED Talk. She writes, "We've heard just one story about the idea of comfort, a single, flat rendition. A US variation. We have a critical misunderstanding of what comfort is, what it's for, how it's meant to be used. ... This single story has defined and constrained us." The timing for Erin's message is spot-on. Her message will definitely resonate with individuals who have always wanted to believe 'less is more,' but lacked a substantive definition. Other highlights for me were spotlights on humility and the mishandling of pain. Detoxing from comfort requires addressing some tough topics! Highly recommend this timely message! And yes, I think it would be great for a small group experience!

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