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Title: “Power to Reinvent Yourself: How to Break the Destructive Patterns in Your Life”

Author: Jason Frenn, dynamic conference speaker and family/parenting expert

Publisher: FaithWords Hardcover

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ISBN: 978-0-446-54622-5

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Spanish Edition: “Poder Para Reinventarse,” 978-0-446-56882-1

Edition: Trade Paperback, \$12.99 U.S. / \$14.50 CAN

Web site: www.jasonfrenn.com or www.hachettebookgroup.com

Synopsis: In “Power to Reinvent Yourself: How to Break the Destructive Patterns in Your Life,” Jason Frenn walks readers through the necessary steps to make drastic and permanent changes in their lives by breaking cycles of destructive behavior with God’s help.

Frenn shares the message of hope that whoever you are, whatever your circumstances, no matter how stuck you feel in a spiral of continuous failure of frustration – you don’t have to stay there.

Whether your goal is financial or professional success, weight loss, an end to addiction or abusive behavior, discovering the “why” behind your want for change is key. After you discover why change is important to you, several steps including changing your perceptions, forming Godly habits, and choosing forgiveness lead to the unleashing of real power in your life. That real power comes from God who helps you to overcome the destructive patterns that ruled your life.

Frenn’s “Power to Reinvent Yourself” encourages and empowers readers to examine their own lives; come to some real conclusions about their behavior and motivation; and allow God to do a great and mighty work in them. Image is a huge part of modern culture and appearing to have it all together will only disguise the symptoms of a life enslaved to the destructive patterns we create or inherit. The freedom of a relationship with Christ allows you to reinvent yourself and live the life that God intends for you, free from the holds of bad habits.

