



# Breaking the Cover Girl Mask

*Kimberly Davidson*

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## **Breaking the Cover Girl Mask** Kimberly Davidson

There is no freedom without a change of mind. Maybe it's anger in the form of abuse, depression, or ongoing negative thoughts. It might be addiction or low-self esteem. What lies and wounds do you hide? What accusations do you wear as your identity? What temptations are you continually enslaved to? Millions of women suffer with ongoing anxiety, fear, doubt, perfectionism, anger, and depression because of toxic thoughts and emotions. Research shows that approximately 87 percent of illnesses can be attributed to our thought life. Our mind affects our whole being. Drawing from personal and ministerial experience, women's pastor Kimberly Davidson will lead you on a life-changing journey where you will learn how to confront and heal harmful thought patterns and behavior. Knowledge changes everything. Because emotions and behaviors involve a complex interplay between the heart, the mind, and the body, it benefits us to know how our mind is influenced and how our brain works. Breaking the Cover Girl Mask gives you the tools to restart, restore, and refocus your spiritual super computer. By implementing R.E.S.I.S.T., you can experience true and powerful mind change, restoring the new mind and nature Christ died to give you. We cannot live the life God intended, a life of freedom and joy, without a change of mind. Meet God in the pages of Breaking the Cover Girl Mask.



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