



Take Your Life Back Day by Day: Inspiration to Live Free One Day at a Time

Stephen Arterburn, David Stoop

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If you have a relationship that feels exhausting, fruitless, and even toxic—it's possible to take your life back.

From the creators of the #1–bestselling Life Recovery series, *Take Your Life Back Day by Day* is the companion to the groundbreaking book by counselors Stephen Arterburn and David Stoop. Along with daily inspiration and encouragement, you'll learn how to navigate your toughest relationships and find the freedom to love others well—whether it's a spouse, friend, or child. Arterburn and Stoop explore how to live and communicate, even in the most difficult circumstances. Based on the pioneering new book *Take Your Life Back*, this daily devotional will leave you refreshed and restored, ready to create healthy, God-honoring relationships with the ones you love the most.



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