



Freedom from Sinful Thoughts

J. Heinrich Arnold

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It's one of those topics most of us would rather avoid in conversation -- why would anyone want to reveal private jealousies, resentments, fantasies, temptations, or other weaknesses? Yet steady sales of this valuable little book attest that there are plenty of us who struggle with sinful thoughts -- and desire help. For anyone who wavers at times between obeying the voice of the conscience and giving in to the lower nature, this book offers sage advice for coming through the struggle. Drawing on years of experience as a pastoral counselor, Arnold guides the reader from the throes of frustration and guilt to a life of freedom and joy.

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