



30 Days to Overcoming Emotional Strongholds

By Tony Evans

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Emotional strongholds come in all shapes and sizes—doubt, rejection, poor self-esteem, pride, stubbornness, a victim mentality, or defeatism. Which of these are you battling? Which ones are undermining your confidence and eroding your spiritual strength?

Tearing down emotional strongholds so they no longer dominate your thoughts and actions can come only through an intentional alignment of your thoughts with God's truth in the Bible. Join Dr. Tony Evans in examining key emotional strongholds and their corresponding biblical truths that you can declare and apply to bring victory into your life.

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Editorial Review

About the Author

Dr. Tony Evans is founder and senior pastor of Oak Cliff Bible Fellowship in Dallas, founder and president of The Urban Alternative, chaplain of the NBA's Dallas Mavericks, and author of *The Power of God's Names*, *Victory in Spiritual Warfare*, and many other books. His radio broadcast, *The Alternative with Dr. Tony Evans*, can be heard on more than 1,200 US outlets daily and in more than 130 countries.

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