



Are You Ready to Change?

Michael E. Frisina

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No matter where we are in our journeys through life, all of us will inevitably encounter something about ourselves—a thought, a belief, or a behavior—that needs to change. Dr. Michael E. Frisina relies on his experience as a pastor, teacher, and leadership expert to share key truths from the Holy Bible and practical tools that will empower anyone seeking change to part ways with old habits, thoughts, and emotions and attain a life of spiritual transformation.

Within biblical and guiding principles that frame the foundation for creating and sustaining an abundant life in Jesus Christ, Dr. Frisina teaches others how to:

- rely on a physical connection that creates inner peace and inspired thinking;
- control thoughts to manage behavior choices;
- change beliefs and behavior to change circumstances and outcomes;
- manage emotions to obey the command to “be anxious for nothing”;
- improve communication and create emotional connections with others; and
- develop and sustain highly effective relationships with others, God, and yourself.

Are You Ready to Change? offers guidance, tools, and principles that teach how to realize self-awareness, break old habits, and use biblical models to embark on a personal transformational journey into the character, image, and likeness of Jesus Christ.

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