



Journey to Freedom: Your Start to a Lifetime of Hope, Health, and Happiness

Scott Reall

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Do you long for change? Are you tired of going through life feeling defeated and stuck? Do you want to discover your potential and realize your purpose in life? If so then *Journey to Freedom* is for you. This guide helps you to change the things in your life that keep you from fulfilling your purpose. It offers tools along with an inspiring, practical, and hope-filled vision for permanently changing your spirit, mind, and body. Written by Scott Reall--founder of RESTORE, a life-changing ministry of the YMCA.

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