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One day at a time, their lives will begin to change and heal as they apply the information, insights, and principles to their individual situation. 10 Lifesaving Principles helps women: Reexamine their ideas about certain Christian scriptures and principles (for example, submission) Develop a support system of family, friends, and other women facing the same problems Set boundaries with their husbands to protect themselves and their children from the effects of the difficult marriage Visit Karla ...

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- Reach out to others
- Understand scriptural truths
- Change yourself, not him
- Detach with love
- Nurture yourself

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Karla Downing is the author of the Evangelical Christian Publishers Association 2004 Silver Medallion Award winner, 10 Lifesaving Principles for Women in Difficult Marriages. Her second book, When Love Hurts: 10 Principles to Transform Difficult Relationships , applies the same principles to all family members.

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