



Throw It Down: Leaving Behind Behaviors and Dependencies That Hold You Back

Jud Wilhite

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Throw It Down doesn't pull punches. It's straight talk to people who know they have habits and behaviors that are keeping them from being who God made them to be. And no one knows how to boldly confront and bravely encourage like Jud Wilhite. He has spent many joyful years, since beginning his own recovery journey, helping others achieve sobriety through a meaningful relationship with Jesus Christ. The mean streets of Vegas have been a fertile mission field, and he has witnessed amazing testimonies of God's grace, triumph and forgiveness. Just as God commanded Moses in Exodus to 'throw down' his staff, God asks us to throw down the things that we hold tight, so we are free to accept all the blessings He has in store. Readers will receive the practical help and encouragement they need to throw down their hurts, habits and dependencies and to reclaim health, happiness and God's blessings.

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