

Are you your car?



# Take control over your life

By

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Colophon

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Publisher: Cindy Mezas

Cover design: Cindy Mezas

Date of publication: 22/06 /2021

Printed in the Netherlands

ISBN: 9789403620077

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# Introduction

This is an extraordinary title. So let me explain my question in the title of this book's following chapters, where I will unfold one of the essential things in a person's life. This little book can really change your whole life and those of other readers. This revelation changed my life for good, forever, and it has also changed many other lives.

But this is what I always say to each and every one of my coaching clients, congregation, persons I counsel, and people I pray for. Even if I would be the best of the best coach, you make the choices to either follow or act upon what I tell you or not: the choice is yours. It is the same when people want to get in shape physically. You can get a personal trainer to lose weight, but still, you have to do your own push-up to have the abs and lose weight.

The personal trainer, even if he is the most excellent in his field, it is not possible for him to do your push-ups or other exercises, eat the right things so you can lose weight and get your body in shape. This means there is a choice to make. So you have to make a choice and act upon it. In order to have the physical desired results. The same is with the spiritual and what I want to teach in this book.

If you understand that you are a spirit, having a soul which houses your mind and your heart, and you live in a body, it will change the route of your car significantly. Jesus is our biggest example of how to walk this out. So you can take control back over your life because you are the driver of your car.