BREAK FREE!

Pure Power is a fresh, encouraging, and transforming how-to journey from flesh to spirit. Do you have a heart that longs to change, but simply don't know how to begin or don't even believe you can succeed. You can! But it takes work.

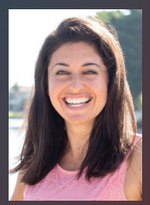
Drawing on the workout warrior in all of us, *Pure Power* is for anyone stuck in sexual sin of any kind and looking for a way out as well as for those living chastely but in danger of falling.

Do you want to begin living for God but don't know how to begin? Do you feel like you have no one to talk to about issues of purity? *Pure Power* is a must read!

In these pages, Abisinio reveals the parallels between traditional workout language and spiritual practices:

- Warm Up: Identity in Christ
- Restocking the Kitchen: Renew your mind
- Strength Training: Forgiveness
- Stamina Building: 7 Ways to Pray Powerfully
- Sculpting: Fasting
- Kickboxing: Breaking strongholds

Get ready to have a hope-filled and successful journey turning your struggle of temptation into a life of peace, joy, and absolute freedom in your relationships, especially in the most important one, your relationship with God.



In addition to her active role as a Catholic speaker, Nicole Abisinio has her own movie production and distribution firm, *Gabriel's Messenger Films*, and evangelizes young adults by helping young women choose life over abortion, teaching young Catholics filmmaking skills, and coaching singles and couples in living a chaste life until marriage.

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PURE POWER

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PURE POWER

A Spiritual Workout to Help You Break Free from Sexual Sin . . . or Avoid It in the First Place