



Spiritual Detoxification: The Transformation of my Life

Edwina Mosby

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"It's amazing how events take place in your life just to make you comprehend what is really important. At the tender age of 26, I started a transformation that disciplined my character as a woman for the rest of my life. I began the process of spiritual detoxification. Detoxification means to remove poison or harmful substances. I cleansed my body in every sense of the word. Over the duration of the detoxification, which was a little over a year, I stopped eating red meat, pork, reduced my consumption of bread, became abstinent, lost 42 pounds, was empowered with the gift of discernment, and my walk with God became stronger than ever.

This is a book that will inspire not only those who have suffered from depression, resentment, anger, and/or thoughts of suicide, but those who profess to have a spiritual foundation in a higher being."

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