



# Governing Your Passions and Controlling Your Lust

*Contributor Brian Smith*

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## **Governing Your Passions and Controlling Your Lust** Contributor Brian Smith

If you are like me, at times you have had challenges with one or more of the following: Failing relationships  
Frequent short term relationships Low self esteem Unhealthy boundaries Cycles of depression Depravation  
Fear of abandonment Feelings of emptiness or being incomplete when alone Decline in family engagements  
Decreased functionality If this is the case, then I invite you to partner with me on a journey to seek out and  
explore insights into understanding ourselves and others regarding the challenges of governing our passions  
and controlling our lust. Within these pages we will not only discuss the surface problems; but delve into  
root causes to discover practical holistic solutions. No harsh commentaries, no criticisms, just being  
transparent as we go to the next level of healing together. College instructor, businessman, alumnus of  
Moody Theological Graduate School, pastoral counselor, successful author, and international speaker - for  
more than a quarter century, Brian has been advising, guiding, and counseling others in their academic,  
professional, marital, and personal lives. Not the type of guidance or counseling some may find authoritative;  
but practical, realistic, and introspective."

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