



The Voices in My Head Are Full of \$#@!

Dave Wenger

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In his mid-40s Dave Wenger almost lost it all. He was a husband, father and the pastor of an evangelical Christian church in Arkansas. He was also suicidal. He'd run out of gas spiritually, emotionally and physically. This crisis put Wenger on a path that ultimately changed his life and consequently helped many others.

Part memoir, part field guide *The Voices in My Head are Full of \$#@!* is about the journey of becoming one's True Self. Dave Wenger writes candidly about his struggle to ignore voices from childhood, religion, and culture and tune into the authentic voice of his True Self. Along the way he encourages readers to capture the story and find the metaphor that will help them do the same.

This is not a how to book -- far from it. *The Voices in My Head are Full of \$#@!* is more descriptive than prescriptive. But in its pages the reader will find Wenger to be a thoughtful and helpful guide as he casts a vision for a life in which pain is not wasted and pleasure is not condemned.

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