



## Scars That Wound, Scars That Heal: A Journey Out of Self Injury (Live Free)

*Jan Kern*

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This is Jackie's story of repeated self-injury and how relationships with those who came alongside her—together with a deeper understanding of God's love and patience—brought her to a place of hope and healing.

The Live Free series for teens and young adults tackles real questions about real life—questions about sex, family problems, relationships, body image, and the future. You'll discover firsthand stories of teens and their personal struggles, journeys, and spiritual healing that comes with real freedom. Each chapter includes Scriptures, journaling prompts, tips for supporting the person seeking help, and questions designed for personal reflection or small group discussion.



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