

Fresh Start

 By Doug Fields | Thomas Nelson | hardcover | 224 pages | \$

Doug Fields, a teaching pastor at Saddleback Community Church, has written or contributed to more than 50 books. He's probably best-known for his Purpose-Driven Youth Ministry, but in *Fresh Start: God's Invitation to a Great Life*, he offers a message of hope for adults.

Fields taps into a basic human need to restart every once in a while, to turn one's life around and to get unstuck. Habits and characteristics such as fear and pride can tether a person to a track that leads to nowhere. Fields analyzes how rejection, anger, conflict and pain can hold a person back and offers an invitation to live the life God promises. The book includes a study guide so readers can explore the subject in greater depth.

For those who are looking for some simple encouragement from a friendly voice who's not too proud to admit he's been there himself, *Fresh Start* lives up to its name.

[Click here to purchase *Fresh Start*.](#)