

Minister Ordained by Joel Osteen's Church Shares the 5 Steps to Freedom From Your Addiction

She's an ordained minister at Lakewood Church, the founder and director of Mountaintop Ministries, and now she's the author of *Live Life Free*.

"I wrote this book to help people that are struggling in their faith to overcome hurts habits, hang ups, addictions," Branson shares in a recent episode of the "Charisma Connection" podcast.

"But, you know, addictions cover a lot of things these days. You can be addicted to shopping. You can be addicted to electronics, to work, even to your ministry. But also, there are people with the opioid crisis that we have here in the United States that are really dealing with hard issues like alcohol and drug addiction and abuse. There are sexual addictions that are rampant in the United States. And so this book is an attempt to address those types of issues and help people grow in their Christian faith that are struggling in those areas."

Branson says there are five keys to freedom if you want to break free from addiction.

Listen to the podcast to find out what they are.