



**Life More  
Abundant  
NETWORK**

**Introducing  
Bruce & Janet  
Wheeler**

[www.lifemoreabundant.net](http://www.lifemoreabundant.net)

## Our Mission

*Life More Abundant Network is a Christian recovery ministry that offers individuals, families and the greater Christian community a proven path to understanding and healing the destruction produced by compulsive or addictive sexual behaviors.*

*We utilize a unique blend of Biblical truth and practical tools—infused with grace, acceptance and hope—to prepare hearts, lives, and behaviors to be permanently changed by the transforming power of Jesus Christ.*

## More about us . . .



It occurred to us recently that, although you may have heard of Life More Abundant Network, you may not be familiar with its history or its leaders.

**THE MINISTRY.** . . *Life More Abundant* was started in 2002 by Bruce and Janet Wheeler. Initially Bruce and Janet offered their sexual addiction recovery groups as one component of a local Christian recovery ministry that addressed a wide variety of life's common struggles. Several years ago they felt that God was prompting them to establish their own non-profit corporation that would deal solely with the healing and restoration of lives and marriages devastated by sexual addiction. Life More Abundant Network was incorporated in July of 2009 and received its 501(c)(3) tax exempt status in November of 2010.

**THE FOUNDERS.** . . Bruce and Janet are both certified counselors in the State of Washington. Janet first received her credentials in 2002; Bruce in 1993. They are also certified Genesis Counselors (the Bible-based addiction recovery program that provides the core curriculum for the Life More Abundant programs.)

In addition to the counseling Bruce does through Life More Abundant Network, he is also a licensed Chemical Dependency Counselor. Over the past 18 years he has worked in variety of different drug and

alcohol treatment facilities that have given him a vast range of experience with addicts in both inpatient and outpatient situations.

Prior to becoming a counselor, Janet spent over two decades in the marketing and graphic design field. The skills she learned there and, more recently through the Institute of Non-Profit Excellence at Skagit Valley College have been invaluable in her current position as program director of Life More Abundant Network. In addition to writing and teaching, she produces all the marketing materials and supplementary handouts that are used in our programs, and provides most of the required administrative proficiencies.

The Wheeler's are long time Whatcom County residents and have been active in the local Christian community since the early 1970s. Janet was born and raised in Bellingham, Bruce relocated to Washington from New York state 45 years ago.

**THE MOTIVATION.** . . Bruce and Janet's unwavering commitment to the Life More Abundant mission comes from more than just training and professional expertise. The hope and help they impart comes out of their own personal experiences.

Bruce himself, battled with sexual addiction for nearly 45 years. He lost his first marriage and his own self-respect to this insidious destroyer.

He understands the pain. He knows the intense shame and self-loathing that comes from failing his family, his Lord, and himself, over and over again. He has felt the nagging discouragement that is part of the recovery process.

But, more importantly, he and Janet have experienced the healing, freedom and restoration that can only come from God. It is out of sincere gratitude that they now come alongside other strugglers and their

spouses to help them find the same hope and healing that God gave them.

**OUR PHILOSOPHY.** . . We believe that sexual addiction, like all addiction, is an outward manifestation of a deeper internal issue. It is not the problem, itself, but merely the means by which the individual has learned to cope and cover-up the pain of the REAL problem. Therefore, lasting freedom requires more than simple lifestyle changes. It is contingent on a deep inner healing that only God can provide.

Life More Abundant Network utilizes a unique blend of Biblical principles, practical recovery tools and the latest scientific research on how the brain functions to help strugglers discover and bring to God the underlying issues that are driving their unwanted behaviors.

We provide a grace-based, supportive and confidential environment in which they can facilitate this difficult work.

## MORE INFO . . .

**Website** —

[www.lifemoreabundant.net](http://www.lifemoreabundant.net)

**Blog** — [blog.lifemoreabundant.net](http://blog.lifemoreabundant.net)

**Book for Spouses** —

*When Sex Causes Heartbreak*

By Janet Wheeler

Written in a simple question & answer format, this 45-page booklet has helped hundreds of women understand and deal with the devastation of their husband's addiction. This handy little paperback is available on our website.



**AND COMING SOON . . .**

A new book by Janet Wheeler -

**NOW CHOOSE LIFE!**  
*One Man's Journey Out of  
the Grip of Pornography*