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# Breakthrough

JOHN AND RITA HELVADJIAN

- Depression and mental illness can affect anyone at anytime placing a huge strain on relationships especially with those whom you are closest too. John and Rita Helvadjian know this only too well.
- Their story is one of two people from different cultures, falling in love and marrying only to find that undercurrents from their past would eventually rise to the surface causing Johns mental breakdown.
- As you read about the struggles they faced, you will also find hope as they turn to the one who promises true freedom.



## AUTHOR BIO

They have been involved in prayer ministry since 1990 and are members of C3 Lane Cove Church in Sydney, Australia, where they established that Church's prayer ministry team. They are regularly engaged in prayer ministry work through their church and privately. They are both passionate about seeing the power of the Holy Spirit at work, healing and setting people free. To see God's children coming into their full potential of what the Lord has for them.

Their family is made up of two wonderful sons and daughter-in-laws and six grandchildren.

## ENDORSEMENTS

'John and Rita have 'laid bare' their past struggles in this book and their quest to find freedom and peace of mind. This life's story is honest and frank and it details their day-to-day fight with the enemy over many years, searching to find hope and 'the answer'.'

**Pastor Marion Daniel, Founder of Sozo Ministries International**

'This is a book that should be read by any person who is struggling, and those who seek to help them. John and Rita's struggles made transparent through this book have brought them both to a personal and spiritual strength that enables them to assist others effectively. That's real freedom! I highly recommend this book.'

**Selwyn Stevens, Ph.D (Bib. St.); D. Min. Best-selling author,  
President of Jubilee Resources International Inc.**

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