

# Press Kit – Self-Control Collection

## Title

Self-Control: The Foundation for Being Happy, Faithful, and Saved

## Subtitle

An essential biblical guide to cultivating self-control and living for Yahuh in the last days. Available for free at [libertacaoreal.org](https://libertacaoreal.org).

## Lead

The Self-Control Collection, a special source of teaching, is available for free at <https://libertacaoreal.org/dominio-proprio/>, offering a transformative and urgent call to develop self-control as a fruit of the Spirit. Written by José Albos Rodrigues, this volume — based exclusively on the 66-book Bible—reveals how self-control is essential for happiness, faithfulness, and salvation, preparing believers for the Rapture.

## Body Text

With clarity and biblical grounding, the Self-Control Collection teaches that self-control is more than a virtue: it is a spiritual weapon against the temptations of the world. Volume 1, The Foundation for Being Happy, Faithful, and Saved, explores the biblical definition of self-control, its importance for Christian life, and practices to cultivate it in spirit, soul, and body. Featuring examples from figures like Joseph and Daniel, the book offers prayers and practical steps to resist sin and live in holiness.

“Self-control is the foundation of victory. Without it, no one will see Yahuh.”

## Volumes:

- Volume 1: The Foundation for Being Happy, Faithful, and Saved (more volumes planned)

The author is available for interviews, podcasts, and events on spirituality, self-control, and preparation for the Rapture.



## About the Collection

- **Name:** Self-Control
- **Number of Volumes:** 1 (currently, with more planned)
- **Purpose:** To teach self-control as a fruit of the Spirit, promoting happiness, faithfulness, and preparation for salvation.
- **Target Audience:** Christians, spiritual leaders, faith communicators, and all who seek to overcome temptations in the last days.

## Differentials:

- Based exclusively on the 66-book Bible, without human theology.
- Practical guide to cultivating self-control.
- Biblical examples applied to modern life.
- Free and accessible online.

## Collection Highlights

- The biblical meaning of self-control (Galatians 5:22–23).
- How self-control protects against temptations and deception.
- Practices to align spirit, soul, and body with Yahuh.
- The importance of self-control for the Rapture.

## Media Proposal

Available for:

- Interviews on radio, TV, and podcasts.
- Participation in events on spirituality, self-control, and prophecy.
- Collaborations with Christian communicators and faith influencers.



## Suggested Topics:

- Why is self-control essential for salvation?
- How to cultivate self-control in a chaotic world.
- The role of self-control in preparing for the Rapture.
- Lessons from Joseph and Daniel for today's Christians.

## About the Author

After more than two decades of relentless pursuit of Truth, free from the chains of traditional religion and secular science, José Albos Rodrigues dedicated his life to studying the Holy Scriptures as the sole source of wisdom. Married for 42 years, father of 4 children and grandfather of 4, he was rescued by Yahushua at age 41, after realizing the silent destruction the enemy was planning against his family and many others. Converted, he embraced the mission to fight for the salvation of his household and to teach the Gospel to family, friends, and strangers — even through the internet. Author of books on love, sex, marriage, fatherhood, and spiritual education, José Albos Rodrigues proclaims with conviction: Yahuh is faithful, and Yahushua never abandons those who truly surrender to Him.

## **Press Contact**

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