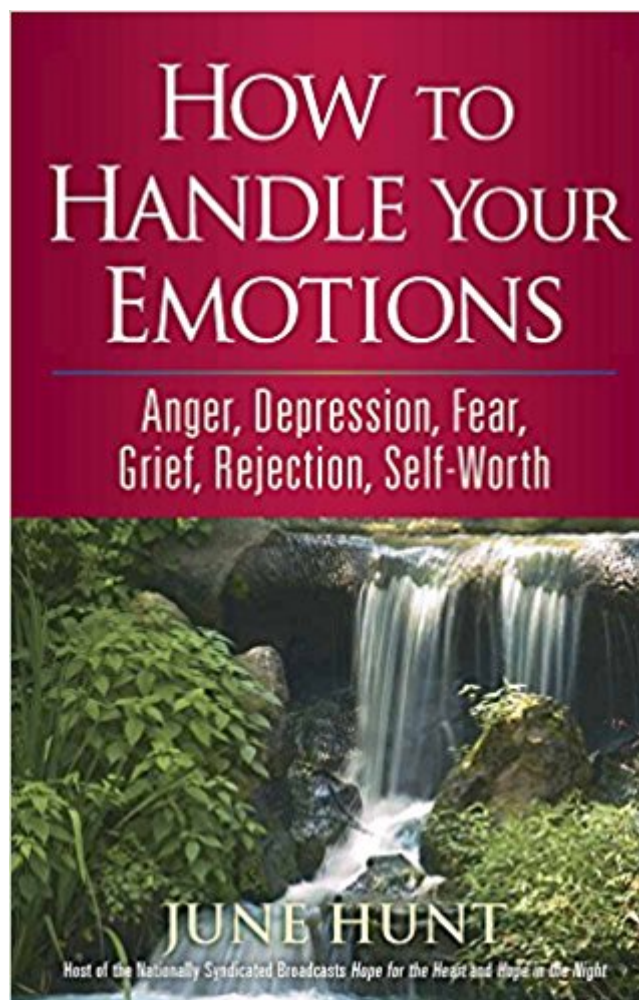




The book was found

How To Handle Your Emotions: Anger, Depression, Fear, Grief, Rejection, Self-Worth (Counseling Through The Bible Series)



Synopsis

The first of an exciting new series of topical counseling resources offering God's truth for today's problems! Every person struggles with the common emotions related to...anger, depression, fear, rejection, self-worth. How can we prevent negative emotions from getting the best of us? Longtime biblical counselor June Hunt looks to the Bible for the answers, offering compassionate guidance that encourages the heart and offers hope for even the most difficult situations. Each of the above topics is explored in four parts, examining the definitions, the characteristics, the causes, and the solutions that enable us to handle our emotions in ways that honor God and bless the people around us. At every step of the way, valuable insights are gleaned from Scripture. Written with a strong emphasis on practical applications that make a lasting difference, this guide is perfect for use by individuals, friends, small groups, and ministry workers.

Book Information

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Customer Reviews

"June Hunt's most recent book, *How to Handle Your Emotions*, gets right to the heart of Christian living. The Bible says 'As [a man] thinketh in his heart, so is he.' With her characteristic insight, June has provided the biblical answer to these problems that plague our fallen race. This is the perfect gift to anyone struggling with insufficiently controlled emotional responses." —Paige Patterson, Southwestern Baptist Theological Seminary

June Hunt is the founder of Hope for the Heart, a worldwide biblical counseling ministry that provides numerous resources for people seeking help. She hosts a live, two-hour call-in counseling program called Hope in the Night, and is the author of Counseling Through Your Bible Handbook and How to Handle Your Emotions.

June Hunt is an amazingly insightful Christian Counselor. This was one of the most helpful books I read while earning my BA in Christian Counseling and I have turned to it again and again. Not only is it a wonderful resource for the practicing counselor, but also a treasure trove of wisdom that can be applied to your own personal life. The author offers sound biblical truths and scripture is used throughout to support those truths.

It is a good book however might not be what you are looking for if you are pursuing a Christian Counseling Degree or Certification. Good basic Christian information and biblical examples of emotions out of control and scripture references.

I bought this book because my guy and I were not communicating well, and his responses were angry, temper tantrums and fits. We are a man and a woman of faith and I know if there is a way to work this out, it will be through our faith. This book hit the nail on the head so many times! It's true that he has many insecurities that don't have anything to do with me or our relationship and it's true that those insecurities manifest themselves just like laid out in the book. It also talks about my emotional remedies, trying to fix everything for him, etc. We are both described in this one. We are reading it together, going to bible study and working on us now. No, this book is not the answer to all of our problems, but it helps to know that what I was feeling and seeing was real, not imagined, and that there may be some relief.

Original items, at half the regular price, great seller, If you read this and follow the steps, your life will change for ever

This book is great for those who have issues that they have not quite resolved. In reading this book you will not only see yourself but you will see how to properly deal with those lingering issues and emotions that haunt you and keep you from moving on with your life. When the emotion(s) comes again, you will understand and know what to do and how to handle yourself so those moments we all regret don't take over. You will gain an understanding of how God designed you to react in

challenging situations. This is a must read for everyone!

Very helpful compassionate and easy to understand and practically apply to your situation

Having experienced deep depression and consequent fears, etc. this book was a Godsend! It is a little clinical, but such an extraordinary help for my symptoms. I would recommend this to anyone feeling the "blues" or worse. The low price may seem like the content is out-of-date. NO! This is a rare find at an equally rare price.

This book was very helpful in getting me information on how to handle different situations that caused anger, fear, and depression in my life. I would highly recommend this book and will keep it as a reference book.

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backstory, and describe your characters's emotions (Writers's Guide Series Book 3)

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