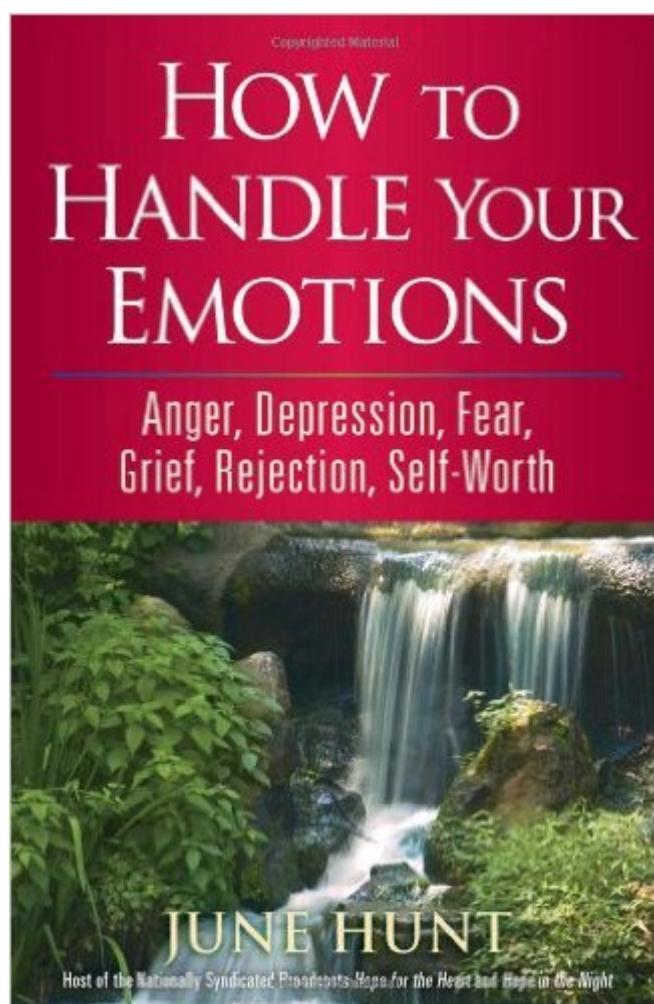


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# How To Handle Your Emotions: Anger, Depression, Fear, Grief, Rejection, Self-Worth (Counseling Through The Bible Series)



## **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...angerdepressionfearrejectionself-worthHow 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**

Series: Counseling Through the Bible Series

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Average Customer Review: 4.8 out of 5 starsÂ  See all reviewsÂ  (37 customer reviews)

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## **Customer Reviews**

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.

This book was awesome and very helpful. I have a BA in psychology and this book still opened my eyes to a lot of identifying different emotions I feel, and how to manage/address them successfully. I would highly recommend this book to anyone who is willing to do a little work, and wants insight into why they or someone close to them behaves the way they do. I love when biblical principles and psychology come together seamlessly as they do here.

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.

This is an in-depth companion volume to 'Counseling Through Your Bible Handbook'. It targets the topics of anger, depression, fear, grief, rejection, and self-worth. This is an excellent resource for anyone seeking truth and answers to life's difficult issues. It is concise and simple to understand.

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.

I ran across this book from my daughter. Once I begin to read it I realized that this book was an excellent resource to use for a group of young women for Bible Study. We call our Bible Study Series..Real Talk for Real Issues..Real Solutions..Extremely helpful and transforming..Thanks

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!

Of all the reading I have done on these topics, no book could possibly come close. The author did an excellent job of explaining the issues and following each one with Scripture. There is no better resource to help the believers through tough times!

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Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks) A Volcano in My Tummy: Helping Children to Handle Anger

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