



30 Days to Taming Your Emotions: Discover the Calm, Confident, Caring You

By Deborah Smith Pegues

Harvest House Publishers, U.S. Paperback. Book Condition: new. BRAND NEW, 30 Days to Taming Your Emotions: Discover the Calm, Confident, Caring You, Deborah Smith Pegues, From Deborah Pegues, popular author of 30 Days to Taming Your Tongue (more than 500,000 sold), comes an indispensable guide for overcoming the emotional barriers that rob men and women of life's fullness and derail their personal and professional relationships. Pegues uses biblical and modern-day examples to help readers identify and overcome the obstacles that hold them back. Readers will discover emotion-taming strategies such as establishing boundaries, extending grace, mercy, and respect to others, conquering perfectionism, accepting themselves and learning to laugh at themselves, telling the truth and striving to do the right thing. 30 Days to Taming Your Emotions provides Scripture-based principles, heart-searching personal challenges, and healing prayers and affirmations that point readers to a new sense of emotional freedom. Compilation of Supreme Confidence, 30 Days to a Great Attitude, and 30 Days to Taming Your Stress.



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Reviews

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that I am sure that I will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Brennan Koelpin**

Comprehensive guide! Its this type of very good read through. It is actually written in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Bernie Mante PhD**