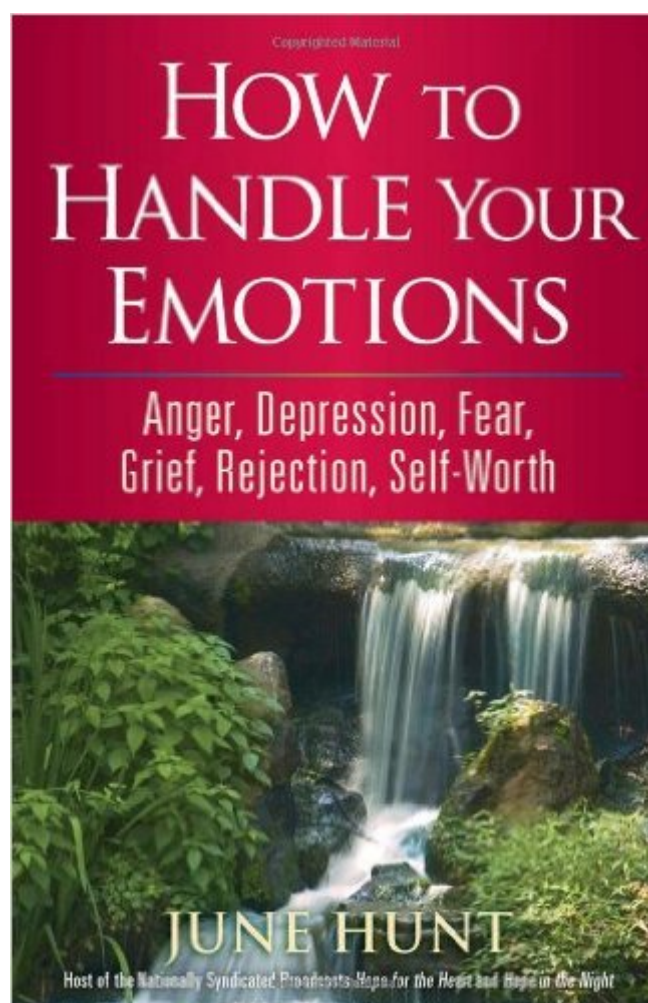


The book was found

# 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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Best Sellers Rank: #135,888 in Books (See Top 100 in Books) #60 in [Books > Christian Books & Bibles > Christian Living > Counseling](#) #138 in [Books > Christian Books & Bibles > Christian Living > Death & Grief](#) #185 in [Books > Health, Fitness & Dieting > Mental Health > Depression](#)

## 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 by 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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How to Handle Your Emotions: Anger, Depression, Fear, Grief, Rejection, Self-Worth (Counseling Through the Bible Series) Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Healing Through the Dark Emotions: The Wisdom of Grief, Fear, and Despair The Bible: The Complete Guide to Reading the Bible, Bible Study, and Scriptures (bible, religion, spirituality, holy bible, christian, christian books, understanding the bible) How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts) Grief Counseling and Grief Therapy, Fourth Edition: A Handbook for the Mental Health Practitioner SOS Help for Emotions: Managing Anxiety, Anger, and Depression (Revised 2014) Emotions: Freedom from Anger, Jealousy and Fear EMOTIONS: Freedom from Anger, Jealousy & Fear Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) How To Stop Arguing: Dealing With Stress, Anger, Rejection, Conflict, Fighting and Difficult People Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Mental Illness: PTSD: Learn How To Handle PTSD Triggers (Bipolar Trauma Depression) (Self Help Mental Illness Dysfunctional Relationships) Understanding Your Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart (Understanding Your Grief) Las 5 heridas que impiden SER uno mismo / Heal Your Wounds and Find Your True Self: Rechazo, abandono, humillacion, traicion, injusticia / Rejection, ... Betrayal, Injustice (Spanish Edition) Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life The Dialectical Behavior Therapy Skills Workbook for Anger:

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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