



30 Days to Taming Your Emotions

Deborah Smith Pegues

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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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Elisa Hall:

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