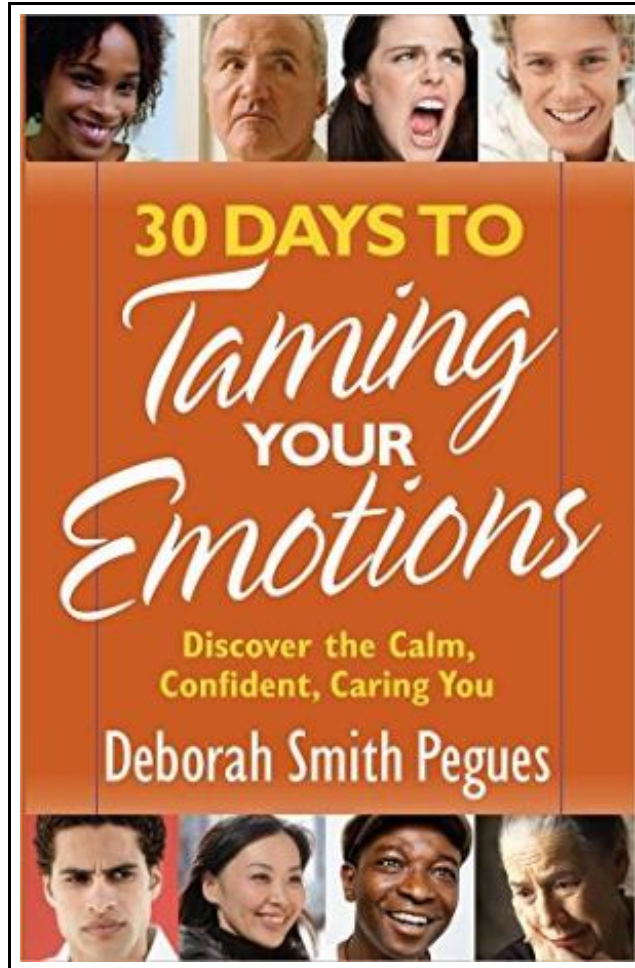


## 30 Days to Taming Your Emotions: Discover the Calm, Confident, Caring You



Filesize: 6.34 MB

### ***Reviews***

*Comprehensive guideline! Its this sort of good read. It is actually written in simple terms and never hard to understand. Its been developed in an exceedingly simple way which is just after i finished reading through this ebook where actually changed me, modify the way in my opinion.  
(Mabelle Wuckert)*

## 30 DAYS TO TAMING YOUR EMOTIONS: DISCOVER THE CALM, CONFIDENT, CARING YOU



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.



[Read 30 Days to Taming Your Emotions: Discover the Calm, Confident, Caring You Online](#)



[Download PDF 30 Days to Taming Your Emotions: Discover the Calm, Confident, Caring You](#)

## See Also

---



**TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Download eBook »](#)

---



**TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Download eBook »](#)

---



**The Country of the Pointed Firs and Other Stories (Hardscrabble Books-Fiction of New England)**

New Hampshire. PAPERBACK. Book Condition: New. 0874518261 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST...

[Download eBook »](#)

---



**Supernatural Deliverance: Freedom For Your Soul Mind And Emotions**

Whitaker House. PAPERBACK. Book Condition: New. 1629115983 Feed My Sheep Books: A Family Ministry, Competing For YHWH Online Since 2001. Support the Assembly Before Buying Big Box-store Books. We Shrink Wrap & Carefully Package Your...

[Download eBook »](#)

---



**Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)**

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how...

[Download eBook »](#)