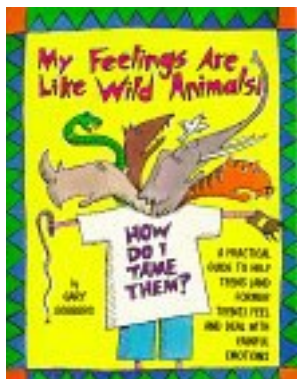


My Feelings Are Like Wild Animals



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Practical and user-friendly, this ecumenical guidebook helps all people but particularly teens to recognize and deal with painful feelings. The author shows how to identify and articulate the emotion that's being felt, offers practical and constructive ways to express the emotion, and suggests how to involve God in one's emotional life. Instead of feeling overwhelmed, readers will see how to name and claim their emotions, then how to tap into their personal power to work through the pain and find emotional health.

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