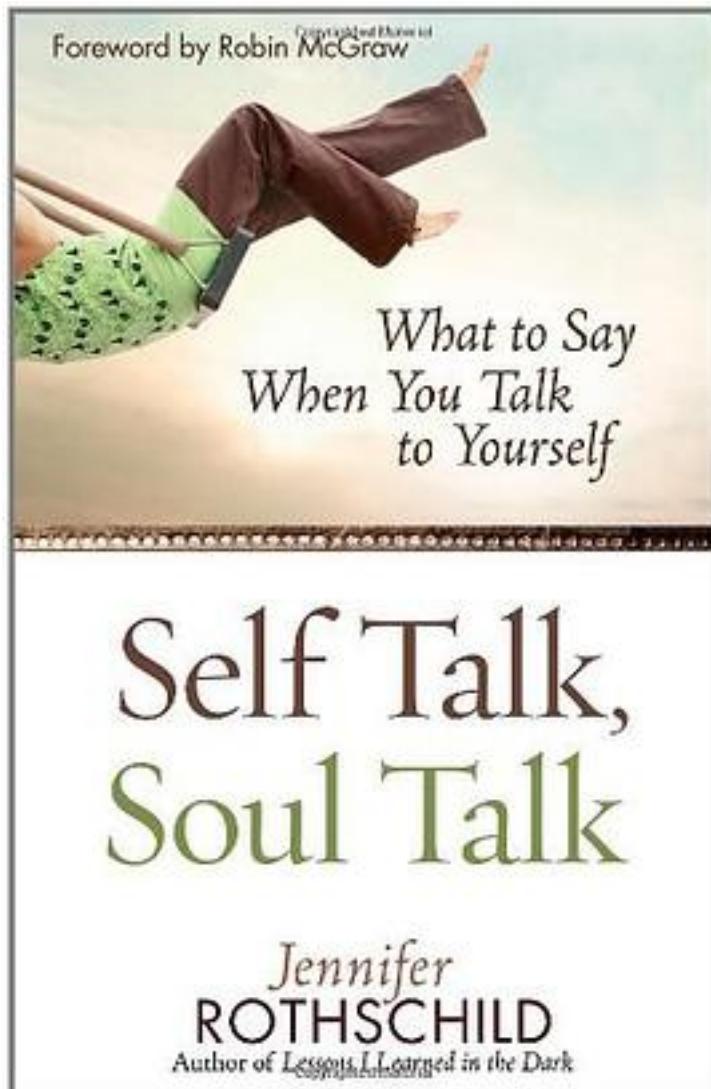


# Self Talk, Soul Talk



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Popular Women of Faith speaker and author of "Lessons I Learned in the Dark", Jennifer Rothschild, has a message for every woman: Words are powerful. Especially the words women speak to themselves. All too often what they say to themselves when they lie in bed at night or look in the mirror in the morning is not even close to the words God wants them to speak to their souls. Scripture has a lot to say about this "soul talk". Because many women feel overwhelmed and struggle with issues of self-esteem, depression, and discouragement, Jennifer shares practically and helpfully from her own life and from Scripture to show how every woman can turn her words - and her life - around for good. She offers 7 powerful things a woman can say to her soul, including: Press On - "March on my soul, be strong" ("Judges" 5:21); Look Up - "My soul, put your hope in God" ("Psalm" 42:5); and, Chill Out - "Be at rest, O my soul" ("Psalm" 116:7). "Self Talk, Soul Talk" is perfect for individual or small group study and includes interactive pages and Scripture passages for digging deeper.

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目录:

[Self Talk, Soul Talk 下载链接1](#)

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