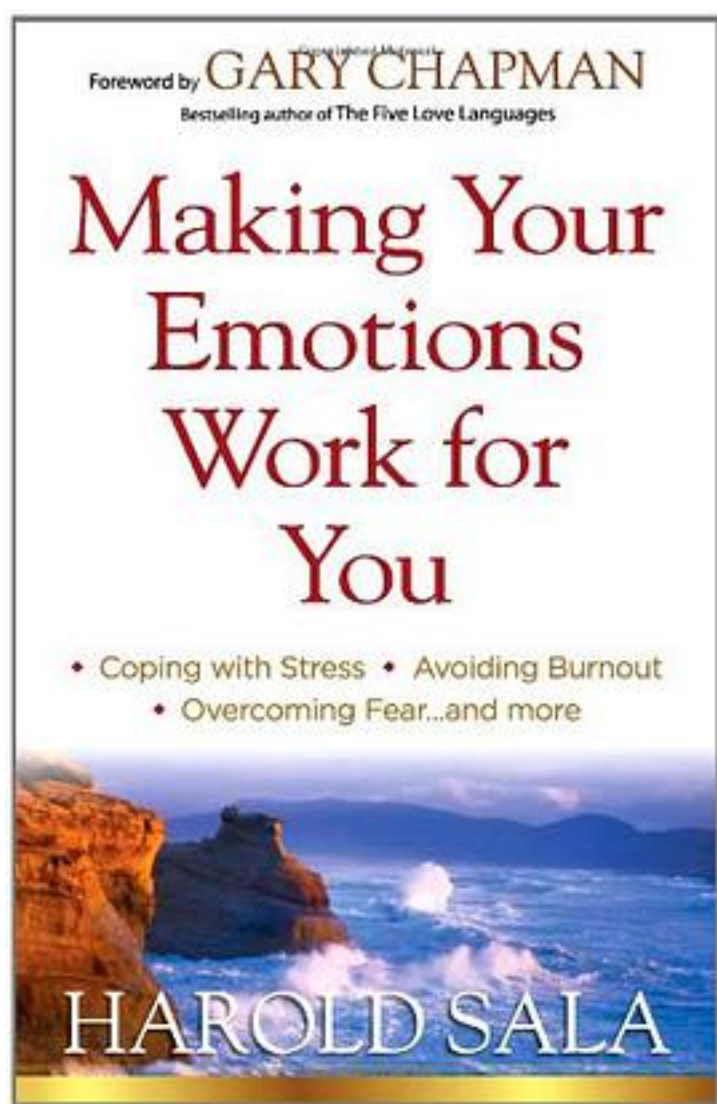


# Making Your Emotions Work for You



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The greatest struggles in life are not fought on battlefields; they are fought in human hearts as we struggle with fear, frustration, stress, a lack of self-confidence, feelings of inadequacy and inferiority, and the inability to cope with circumstances not to our liking. While these challenges can defeat us, they can also serve as catalysts to bring out the very best in us. "Making Your Emotions Work for You" will help readers confront these challenges and apply biblical principles that unleash God's power to overcome them. Chapter titles include: Making Friends of Your Emotions The Inner Struggle of Worry Winning Your Battle with Fear Boredom--When Your Emotions Flat-Line Coping with Stress God's Word provides profound insights into our lives, including our emotions. By applying the principles in this book, anyone can learn to make friends of his emotions and become a more positive, confident, and fulfilled person. "Making Your Emotions Work for You" is a revised edition of "Unlocking Your Potential."

作者介绍:

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