

## How to Handle Your Emotions: Anger, Depression, Fear, Grief, Rejection, Self-Worth (Counseling Through the Bible Series)

*By June Hunt*

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### How to Handle Your Emotions: Anger, Depression, Fear, Grief, Rejection, Self-Worth (Counseling Through the Bible Series) By June Hunt

The first of an exciting new series of topical counseling resources offering God's truth for today's problems!

Every person struggles with the common emotions related to...

- anger
- depression
- fear
- rejection
- self-worth

How can we prevent negative emotions from getting the best of us? Longtime biblical counselor June Hunt looks to the Bible for the answers, offering compassionate guidance that encourages the heart and offers hope for even the most difficult situations.

Each of the above topics is explored in four parts, examining the definitions, the characteristics, the causes, and the solutions that enable us to handle our emotions in ways that honor God and bless the people around us. At every step of the way, valuable insights are gleaned from Scripture.

Written with a strong emphasis on practical applications that make a lasting difference, this guide is perfect for use by individuals, friends, small groups, and ministry workers.

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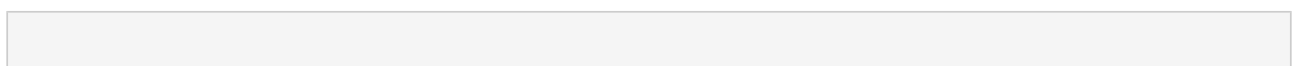
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### Editorial Review

Review

"June Hunt's most recent book, *How to Handle Your Emotions*, gets right to the heart of Christian living. The Bible says 'As [a man] thinketh in his heart, so is he.' With her characteristic insight, June has provided the biblical answer to these problems that plague our fallen race. This is the perfect gift to anyone struggling with insufficiently controlled emotional responses."

—Paige Patterson, Southwestern Baptist Theological Seminary

About the Author

**June Hunt** is the founder of Hope for the Heart, a worldwide biblical counseling ministry that provides numerous resources for people seeking help. She hosts a live, two-hour call-in counseling program called *Hope in the Night*, and is the author of *Counseling Through Your Bible Handbook* and *How to Handle Your Emotions*.

### Users Review

From reader reviews:

**Adam Rucks:**

The book *How to Handle Your Emotions: Anger, Depression, Fear, Grief, Rejection, Self-Worth (Counseling Through the Bible Series)* make one feel enjoy for your spare time. You may use to make your capable far more increase. Book can being your best friend when you getting anxiety or having big problem using your subject. If you can make looking at a book *How to Handle Your Emotions: Anger, Depression, Fear, Grief, Rejection, Self-Worth (Counseling Through the Bible Series)* to be your habit, you can get a lot more advantages, like add your own capable, increase your knowledge about a few or all subjects. You could know everything if you like available and read a book *How to Handle Your Emotions: Anger, Depression, Fear, Grief, Rejection, Self-Worth (Counseling Through the Bible Series)*. Kinds of book are a lot of. It means that, science e-book or encyclopedia or other people. So , how do you think about this reserve?

**Jennie Miller:**

This book untitled *How to Handle Your Emotions: Anger, Depression, Fear, Grief, Rejection, Self-Worth (Counseling Through the Bible Series)* to be one of several books that will best seller in this year, that's because when you read this guide you can get a lot of benefit in it. You will easily to buy this specific book in the book shop or you can order it by means of online. The publisher of this book sells the e-book too. It makes you easier to read this book, since you can read this book in your Touch screen phone. So there is no reason to you personally to past this reserve from your list.

**Katrina White:**

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**Lawrence Gibbs:**

That guide can make you to feel relax. This book How to Handle Your Emotions: Anger, Depression, Fear, Grief, Rejection, Self-Worth (Counseling Through the Bible Series) was bright colored and of course has pictures on the website. As we know that book How to Handle Your Emotions: Anger, Depression, Fear, Grief, Rejection, Self-Worth (Counseling Through the Bible Series) has many kinds or style. Start from kids until young adults. For example Naruto or Investigator Conan you can read and believe you are the character on there. Therefore not at all of book are usually make you bored, any it can make you feel happy, fun and loosen up. Try to choose the best book to suit your needs and try to like reading that.

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