



## The Emotionally Healthy Church Workbook: 8 Studies for Groups or Individuals

By Peter Scazzero

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Emotional health and spiritual maturity are inseparable: that is the premise of the award-winning book *The Emotionally Healthy Church*. This stand-alone workbook helps leaders and lay persons alike apply the biblical truths in Peter Scazzero's revolutionary book to their personal lives, small groups, and churches. Eight studies take you beyond merely reading about emotional health to actually cultivating it as a disciple of Jesus. Step by step, you'll discover what it means to have Christ transform the deep places hidden beneath the surface so that you might become more authentic and loving toward God, others, and yourself.

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**Bibliography**

- Sales Rank: #1514866 in Books
- Brand: HarperCollins Christian Pub.
- Published on: 2015-06-30
- Released on: 2015-06-30
- Original language: English
- Number of items: 1
- Dimensions: 8.39" h x .24" w x 5.39" l, .20 pounds
- Binding: Paperback
- 96 pages

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### **Editorial Review**

#### **About the Author**

Peter Scazzero is the founder of New Life Fellowship Church in Queens, New York City, a large, multiracial church with more than seventy-three countries represented. After serving as senior pastor for twenty-six years, Pete now serves as a teaching pastor/pastor at large. He is the author of two best-selling books? *The Emotionally Healthy Church* and *Emotionally Healthy Spirituality*. He is also the author of *The EHS Course* and *Emotionally Healthy Spirituality Day by Day*. Pete and his wife, Geri, are the founders of Emotionally Healthy Spirituality, a groundbreaking ministry that equips churches in a deep, beneath-the-surface spiritual formation paradigm that integrates emotional health and contemplative spirituality. They have four lovely daughters. For more information, visit [emotionallyhealthy.org](http://emotionallyhealthy.org), or connect with Pete on Twitter @petescazzero.

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