

Theological Handbook on Emotions

Counseling Through the Bible Series

"June grounds her thoughtful analysis of emotional problems and her practical advice on the bedrock of the Bible."
Dr. Reg Grant, Professor, Pastoral Ministries
Dallas Theological Seminary

"June Hunt... leads with her heart—which is why she is such a tender and effective comforter for so many whose hearts are broken."
Janet Parshall
Host, *Janet Parshall's America*

MANAGING YOUR EMOTIONS

God created our hearts to be like a dashboard filled with dials—finely tuned controls to help process our full range of emotions in a healthy way. Yet at times our hearts operate as if controlled by a single on-off switch that leads us to shut down when we fear our feelings will overrun our lives.

Biblical counselor June Hunt helps you better navigate your emotions as you come to understand their definitions, characteristics, and causes, as well as the solutions that lead to emotional growth. By feeling your emotions and dealing with your pain, you will find hope and healing for...

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

Discover how you can harness the power of your emotions and allow God to make you into the person he created you to be.

June Hunt is the founder and CEO of Hope for the Heart, a worldwide biblical counseling ministry that for more than 20 years has provided a wide variety of resources for people seeking answers. 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 *The Biblical Counseling Library* (covering 100 topics).

HARVEST HOUSE PUBLISHERS
EUGENE, OREGON 97402
www.harvesthousepublishers.com

Christian Living/Counseling
ISBN-13: 978-0-7369-2328-6
ISBN-10: 0-7369-2328-4
5 1299
9 780736 923286 U.S. \$12.99

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entry point for anyone wishing to familiarize themselves with the new academic study of religion and emotion. Emotion Oxford Handbooks in Religion and Theology. Handbook on Emotion Regulation: Processes, Cognitive Effects and Social Emotion regulation (ER), which refers to the ability to identify, experience, modulate, Terrorism and Violence in Islamic History and Theological Responses to the.

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