



Lysa TerKeurst - Unglued Full Set - Unglued: Making Wise Choices in the Midst of Raw Emotions (Book + Study Guide + DVD)

Lysa TerKeurst

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In her bestseller *Made to Crave*, Bible-teacher Lysa TerKeurst shared her struggles with what went into her mouth and how her food choices were based on her emotions. Now in *Unglued: Making Wise Choices in the Midst of Raw Emotions*, she focuses on what comes out in her speech. Sharing from her own experience, Lysa observes how many women hold their feelings inside, until circumstances reach a crisis and we explode, speaking in anger and saying words we'll regret later. In a very real way, we can come unglued and lose control of our emotions.

But there is hope for women who desire healing for their emotions. Without offering pat answers or simple solutions, Lysa brings insight to help women resolve conflict in healthy ways and improve communication with those whom you're in close relationship. Discover what it means to "renew your mind" in Biblical and practical ways.

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