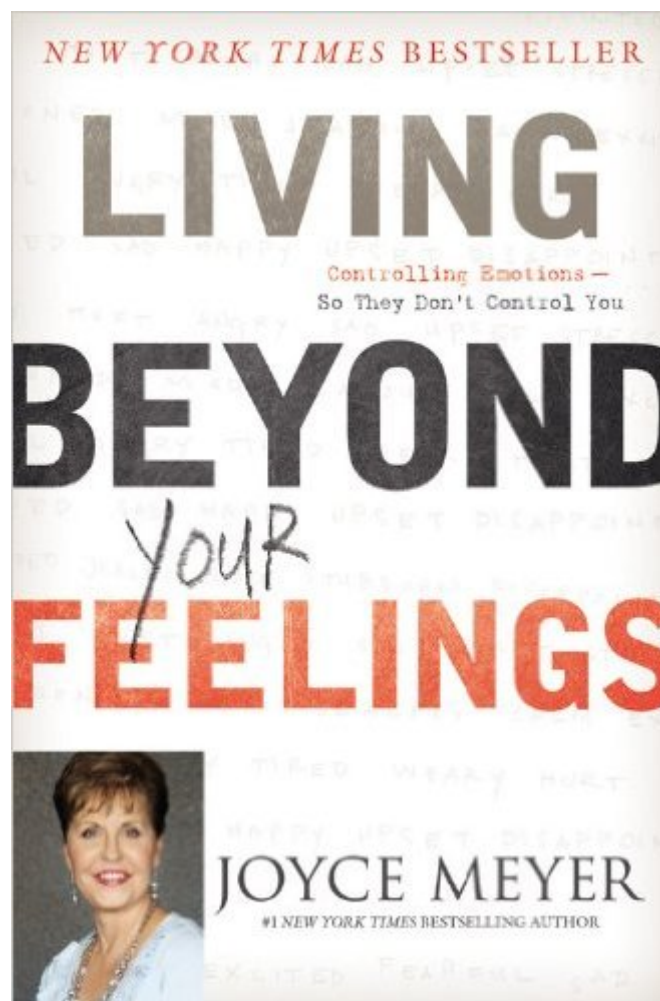




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Living Beyond Your Feelings: Controlling Emotions So They Don't Control You



Synopsis

The average person has 70,000 thoughts every day, and many of those thoughts trigger a corresponding emotion. No wonder so many of us often feel like we're controlled by our emotions. Our lives would be much improved if we controlled them. In *LIVING BEYOND YOUR FEELINGS*, Joyce Meyer examines the gamut of feelings that human beings experience. She discusses the way that the brain processes and stores memories and thoughts, and then - emotion by emotion - she explains how we can manage our reactions to those emotions. By doing that, she gives the reader a toolbox for managing the way we react to the onslaught of feelings that can wreak havoc on our lives. In this book, Meyer blends the wisdom of the Bible with the latest psychological research and discusses: the 4 personality types and their influence on one's outlook, the impact of stress on physical and emotional health, the power of memories, the influence of words on emotions, anger & resentment, sadness, loss & grief, fear, guilt & regret, the power of replacing reactions with pro-actions, and the benefits of happiness.

Book Information

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Customer Reviews

Joyce Meyer is one of the world's leading practical Bible teachers. A #1 New York Times bestselling author, her books have helped millions of people find hope and restoration. Through Joyce Meyer Ministries, she teaches on a number of topics with a particular focus on the mind, mouth, moods and attitudes. Her candid communication style allows her to share openly and practically about her experiences so others can apply what she has learned to their lives. Joyce has authored nearly 100 books, which have been translated into 100 languages. More than 30 million copies of her books

have been sold. Joyce hosts a daily TV and radio show, *Enjoying Everyday Life*®, which broadcasts worldwide to a potential audience of 4.5 billion people. Joyce conducts approximately a dozen domestic and international conferences every year, teaching people to enjoy their everyday lives. Her annual women's conference has attracted well over 200,000 women to St. Louis for specifically themed teachings by her and guest speakers. Joyce also sponsors Hand of Hope, which provides feeding programs, medical care, homes for orphans, and programs combatting human trafficking.

Some basics skills like letting things go and realizing how emotions control you don't come easy to me. After reading this (in halfway thru and still reread parts because they hit home) I have been able to start changing how I think and react. I've recommended this book to five people and four bought it already... That's the impact it made on me. I read *Battlefield of the Mind* and loved it but this one... Yeah. This is my go to book on life. Lol you may think my review is silly but I typically am full of anxiety and react to everything instead of thinking before doing so and this is totally changed me. And I'm not even done!! Best purchase Ive ever made.

I love Joyce Meyer, she is a loving no holds bar woman of God. This book is a very powerful tool in learning to lean on God to help control your feelings. I highly recommend reading it. I was in a woman's church group when I read it & it was very powerful in our group. I have also read it on my own for some great biblical reminders.

Great product, service and communicationA+++++

All was as advertised. Loved it.

I purchased this book because I feel that I often make emotionally based decisions. Those decisions do not always produce the best outcomes in my life. I gave the book four stars because I think Mrs. Meyers provides a lot of helpful tips to how to avoid making emotional decisions. I think that Mrs. Meyers provides ample amount of real life examples in all of her books and this book is no different in that regard. However, I personally would like a more in-depth step-by-step application plan.

i'm not into the bible, but if I were, I would want to learn from Joyce Meyer....she tells it like it is

Very helpful book to apply to your life. Life is so short, why let your feelings get the best of you. Pick and choose your battles carefully.

It was a great book, I have learned so much from reading this. At first, I didn't think I needed to read this book. It touched on so many emotions and talked about not having any emotions at all and how that can be dangerous too, excellent book! Once I started reading it, I couldn't put it down

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