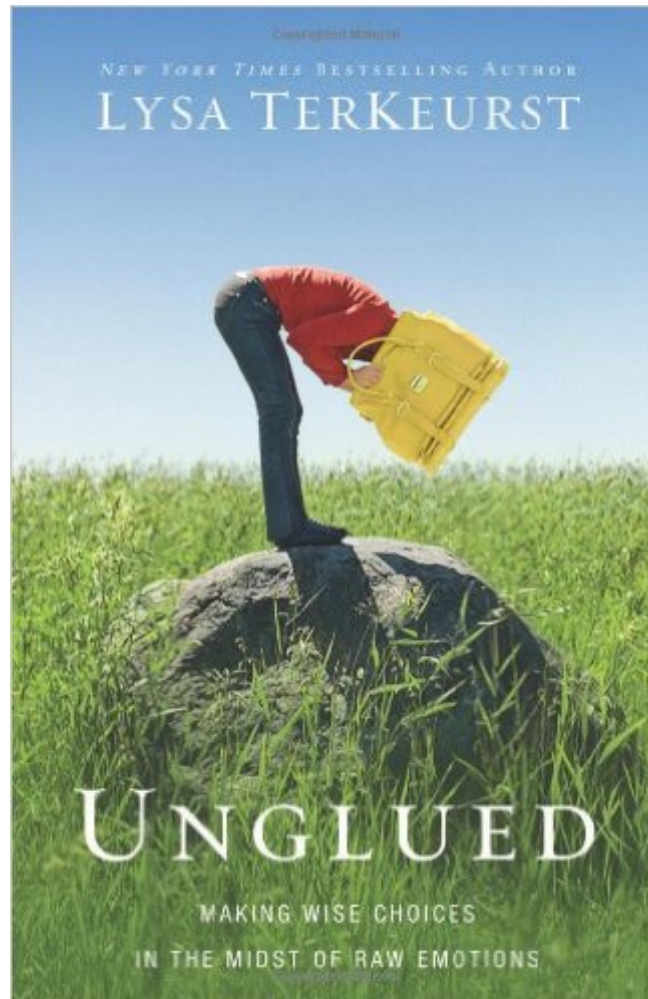


The book was found

# Unglued: Making Wise Choices In The Midst Of Raw Emotions



## Synopsis

God gave us emotions to experience life, not destroy it! Lysa TerKeurst admits that she, like most women, has had experiences where others bump into her happy and she comes emotionally unglued. We stuff, we explode, or we react somewhere in between. What do we do with these raw emotions? Is it really possible to make emotions work for us instead of against us? Yes, and in her usual inspiring and practical way, Lysa will show you how. Filled with gut-honest personal examples and biblical teaching, *Unglued* will equip you to: Know with confidence how to resolve conflict in your important relationships. Find peace in your most difficult relationships as you learn to be honest but kind when offended. Identify what type of reactor you are and how to significantly improve your communication. Respond with no regrets by managing your tendencies to stuff, explode, or react somewhere in between. Gain a deep sense of calm by responding to situations out of your control without acting out of control.

## Book Information

Paperback: 208 pages

Publisher: Thomas Nelson; 1 edition (August 7, 2012)

Language: English

ISBN-10: 0310332796

ISBN-13: 978-0310332794

Product Dimensions: 5.3 x 0.5 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (1,247 customer reviews)

Best Sellers Rank: #1,240 in Books (See Top 100 in Books) #3 in Books > Christian Books & Bibles > Christian Living > Family #5 in Books > Deals in Books #19 in Books > Christian Books & Bibles > Christian Living > Women's Issues

## Customer Reviews

When I first watched the video and listened to Lysa talk about Her HAIR ! I thought how shallow have we become as a people? There are so much bigger problems in the world than worrying about our hair! But then I started reading the book and reading the devotional, and I find myself on every page. And I have a teenager. Its easy to come unglued with a teenager.. forget the Hair! Lysa talked about, teenagers can figure out ways to push our buttons in other ways. And my daughter pushes my buttons deliberately, just to watch me come unglued. Last night after a coming unglued moment with my husband and my teen, I picked up the devotional and tried to read it, but I couldn't because

I had so many tears streaming down my face. The devotional hit the nail on the head, precisely written, for that very moment ... it is amazing how God is so there, at just the right moment. This book may be boring, or not what a reader expected ( some of the reviews I read here), but I have to wonder in this present day in which we live, being assaulted on every side by all kinds of stressors and situations, if Lysa has not written a really timely book, for such a time as this. She calls it Unglued, but how bout road rage ? or the rudeness of people lately? being cut off in lines, and just discourtesy everywhere. How about blatant dishonesty and disrespectful behavior.. entitlement mentality.. just stuff that we are assaulted with every day, continuously, unending stressors that sneak in under the wire until enough is enough? No wonder we come unglued. Every time I pick up Lysa's books, especially this Unglued set of books & video, every time, they speaks right to me and to my moment, and the situation I happen to be going through.

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