



30 Days to Taming Your Emotions: Discover the Calm, Confident, Caring You

By Deborah Smith Pegues

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From Deborah Pegues, popular author of *30 Days to Taming Your Tongue* (more than 500,000 sold), comes an indispensable guide for overcoming the emotional barriers that rob men and women of life's fullness and derail their personal and professional relationships.

Pegues uses biblical and modern-day examples to help readers identify and overcome the obstacles that hold them back. Readers will discover emotion-taming strategies such as

- establishing boundaries
- extending grace, mercy, and respect to others
- conquering perfectionism
- accepting themselves and learning to laugh at themselves
- telling the truth and striving to do the right thing

30 Days to Taming Your Emotions provides Scripture-based principles, heart-searching personal challenges, and healing prayers and affirmations that point readers to a new sense of emotional freedom.

Compilation of *Supreme Confidence*, *30 Days to a Great Attitude*, and *30 Days to Taming Your Stress*.

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Editorial Review

Review

“30 Days to Taming Your Emotions by Deborah Smith Pegues is a godsend. After being in the ministry for 39 years, I know a good read and a good resource book. This book is an easy read, right to the point and full of God's wisdom. This book should be a resource for all pastors and ministers who are heavy into counseling. I wish I had the use of this book years ago when I started out in my ministry. It would have given me a better understanding about people that I didn't learn in Bible college. Deborah has truly done it again.”
?Bishop Irvin Perry Sr.

About the Author

Deborah Smith Pegues is a certified behavioral consultant, Bible teacher, and international speaker. She has written 16 transformational books, including the bestselling *30 Days to Taming Your Tongue* (over one million sold worldwide) and *Emergency Prayers*. She and her husband, Darnell, have been married nearly 40 years.

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