



# **How to Handle Your Emotions: Anger, Depression, Fear, Grief, Rejection, Self-Worth (Counseling Through the Bible Series)**

*June Hunt*

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## How to Handle Your Emotions: Anger, Depression, Fear, Grief, Rejection, Self-Worth (Counseling Through the Bible Series) June Hunt

The first of an exciting new series of topical counseling resources offering God's truth for today's problems!

Every person struggles with the common emotions related to...

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

How can we prevent negative emotions from getting the best of us? Longtime biblical counselor June Hunt looks to the Bible for the answers, offering compassionate guidance that encourages the heart and offers hope for even the most difficult situations.

Each of the above topics is explored in four parts, examining the definitions, the characteristics, the causes, and the solutions that enable us to handle our emotions in ways that honor God and bless the people around us. At every step of the way, valuable insights are gleaned from Scripture.

Written with a strong emphasis on practical applications that make a lasting difference, this guide is perfect for use by individuals, friends, small groups, and ministry workers.

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