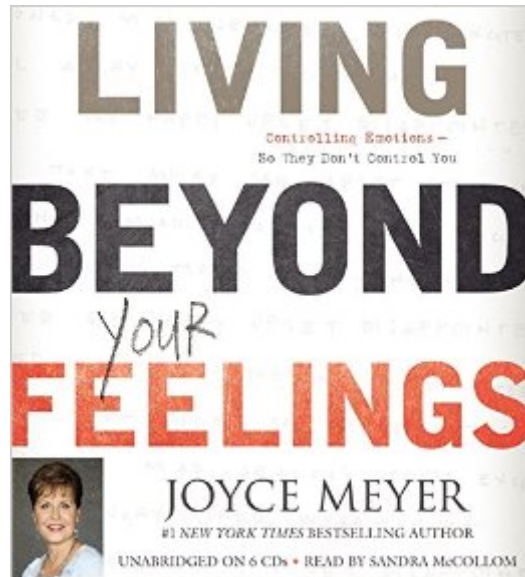


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# Living Beyond Your Feelings: Controlling Emotions So They Don't Control You



## 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

I recently discovered Joyce Meyer Ministries a couple of months ago and her teaching is making such a difference in my life! Before this book, I bought one of her other books called *Battlefield of the Mind* and it is helping me in tremendous ways! I definitely recommend anything you can get by Joyce Meyer because it will truly impact your life in a positive way! I was so excited to hear about this book because this is one area I have trouble with, especially when I wake up in the morning and it's overcast or rainy or I'm exhausted--it's hard to ignore and rise above the negative feelings that

usually come along with those things. I have started reading this book and it's amazing! I definitely want to learn how I can control the emotions that come and not let them ruin my day or dictate my attitude! I highly recommend this book! Who would have thought we actually have control over our emotions?! Also, I highly recommend her teaching called "The Power of Words: What You Say Can Make All the Difference." This is extremely helpful as well!!

Joyce Meyer's newest book, *Living Beyond Your Feelings - Controlling Your Emotions So They Don't Control You* is a book I have needed to read for a long time. This book discusses many different emotional states and how our minds react to those emotions. She explains how we can manage our emotions in different situations so that they don't control us. I know for myself, I allow my emotions to have a hold on me, especially stress. When I'm stressed my body reacts in many different ways. I felt Joyce gave me a 'pep talk' on how I need to change the way I react to the stressful things in my life. Throughout the book, Joyce helps you to understand some of your feelings and explains how God has supplied us with what we need to keep our emotions from controlling our life. But we must ask God for His help in our emotional situations. She makes it a point to let the reader know that if they cannot get their emotions under control then their emotions will take control of them. At the beginning of the book there was a quote that really struck me. The quote is from Jonatan Martensson and it says, "Feelings are much like waves, we can't stop them from coming, but we can choose which one to surf." I really enjoyed this book and plan to reading it again and again as needed. I would recommend it to anyone interested in getting their emotions under control. On a 5-Star scale - 5-Stars. I would like to thank Sarah Reck with Faith Words, a division of Hachette Book Group, for my review copy. I received my Advanced Reader Copy for free in exchange for my honest opinion which I have given.

Is your day determined by how you feel when you wake up in the morning? In Joyce Meyer's new book, she encourages people to not let feelings determine if it will be a good day or a bad day. Talking about how you feel increases the intensity of those feelings. Very simply, speak negative things and you'll feel worse. Talk positively and you'll feel better. Although it's okay to talk with others about our concerns, nothing good comes from constantly complaining. Meyer also warns people against allowing feelings to influence behavior. Wise choices can be difficult to make at times, especially when we are stressed or angry, but thinking long-term and looking at our desired outcome will help us do the right thing. Don't get caught up in how you feel in the moment. Think before doing or speaking. In other words, don't let your feelings have a vote! Regardless of one's

religious beliefs, there is wisdom in the author's words that benefit everyone. We live in a culture where emphasis is placed on our outward appearance. However, what really matters is what's inside and we all need probably need to spend more time working that rather than being overly focused on outward appearances. Disclaimer: I received this book for free from FaithWords.

A constant struggle of mine is controlling my feelings. You know, the times when you wish you could just get away from all that life throws at you? We have on average about 70,000 thoughts every day, each one triggering a different emotion. No wonder why it's such a struggle! I feel like I am, the majority of the time, controlled by my emotions and I wasn't sure what to do with all the negativity I felt was surrounding me. In Joyce Meyer's "Living Beyond Your Feelings" I found solace in her empowering words of encouragement and faith. Joyce examines the majority of human feelings and discusses the way the brain processes and stores memories and thoughts. In great detail, she explains how we can easily manage our reactions to those feelings, and in doing so, teaches her readers how to efficiently manage the gamut of feelings that wreak havoc on our lives. I recommend this book to people of all ages, from preteens to the elderly. Joyce's advice pulled me out of my pit of despair and has forever altered the way I view the world, how I handle my emotions, how I regulate my thoughts and feelings, and how I am in social environments. "It gave me the tools to set the ball in motion for my life outside of high school, helped me to make proactive choices and helped me regain control of my life." from my 18-year-old daughter who read the book before I got a chance to read it first. It made that much of an impact for her. I received this book Living Beyond Your Feelings by Joyce Meyer, compliments of Faith Words, a division of Hachette Book Group for my honest review and would rate this book a 5 out of 5 stars! A MUST READ!

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