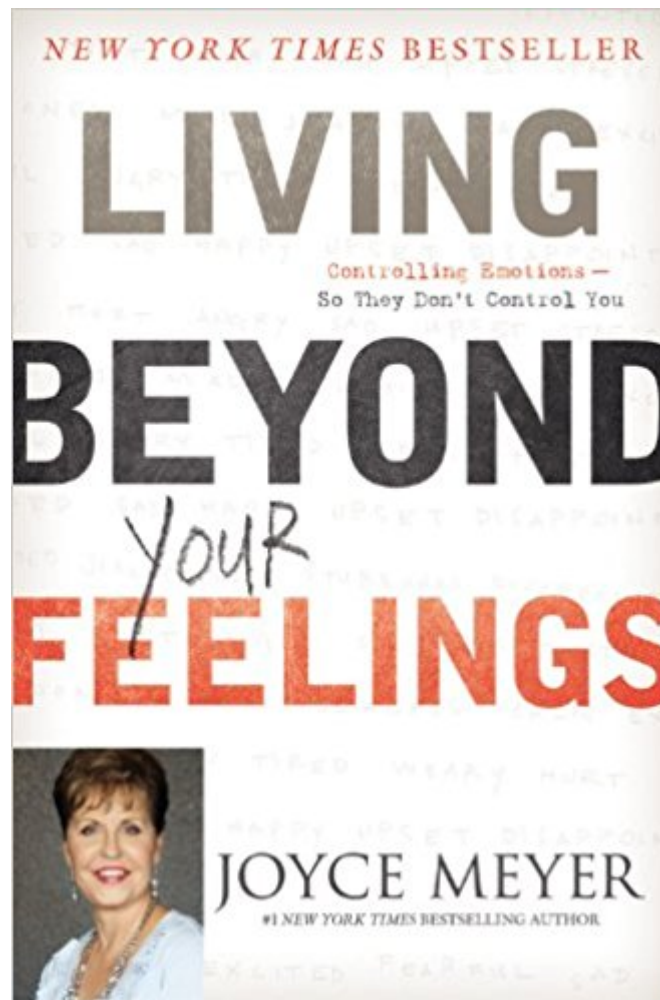




**Ebook Directory**  
the best source of ebook

The book was found

# 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

Paperback: 288 pages

Publisher: FaithWords (March 4, 2014)

Language: English

ISBN-10: 1455549118

ISBN-13: 978-1455549115

Product Dimensions: 5.2 x 0.8 x 8 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 529 customer reviews

Best Sellers Rank: #15,317 in Books (See Top 100 in Books) #37 in [Books > Self-Help > Emotions](#) #95 in [Books > Christian Books & Bibles > Christian Living > Self Help](#) #129 in [Books > Christian Books & Bibles > Christian Living > Personal Growth](#)

## 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 I've 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

[Download to continue reading...](#)

Living Beyond Your Feelings: Controlling Emotions So They Don't Control You What Are You Feeling? Feelings Books for Children | Children's Emotions & Feelings Books The 5 Senses Workbook for Kindergarten - Feelings Books for Children | Children's Emotions & Feelings Books Emotional Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully Control Emotions) Dictionary of Emotions: Words For Feelings, Moods, and Emotions NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT) Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and ... with Others (Instant Help Book for Teens) Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and (Instant Help Book for Teens) Emotional Intelligence: A Mastery Guide to Controlling Your Emotions, Improving Your Self-Confidence, and Raising Your Self-Awareness Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life The Language of Emotions: What Your Feelings Are Trying to Tell You From Zero to Sixty on Hedge Funds and Private Equity: What They Do, How They Do It, and Why They Do The Mysterious Things They Do They Hurt, They Scar, They Shoot, They Kill: Toxic Characters in Young Adult Fiction (Studies in Young Adult Literature) The Astonishing Power of Emotions: Let Your Feelings Be Your Guide Emotional Intelligence: The Complete Step by Step Guide on Self Awareness, Controlling Your Emotions and Improving Your EQ (Emotional Intelligence Series Book 3) Don't Let Your Emotions Run Your Life for Kids: A DBT-Based Skills Workbook to Help Children Manage Mood Swings, Control Angry Outbursts, and Get Along with Others The Life-Changing Magic of Not Giving a F\*ck: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do The Life-Changing

Magic of Not Giving a F\*ck: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do (A No F\*cks Given Guide) The Feelings Book (Revised): The Care and Keeping of Your Emotions Children's Book:FORGIVE ME PLEASE- Teach your kids the importance of Forgiveness: ( Illustrated Picture Book)(Bedtime Story)(Social skills)Values,Emotions and Feelings (Greedy Jack)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)