



Managing Your Emotions: Instead of Your Emotions Managing You

Joyce Meyer

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Our emotions play a vital role in living happy, healthy, successful lives. All emotions, from love and joy, to anger and fear, have an important part to play in understanding ourselves and others. They help us discover the wonders of this life as well as warn us when we are in danger. But this diversity of feelings is meant to complement our live, not determine it! In this life-transforming book, Joyce Meyer reveals powerful truths from God's Word that will help you learn to manage all of your emotions in the right direction. Through hilarious illustrations and real-life applications, Joyce delivers the keys to keeping your emotions in the proper place while allowing the Spirit of God to lead and direct you.

Dynamic scriptural insights are included on topics such as: How not to be led by feelingsCo-dependencyForgivenessMood swingsHealing for damages emotionsDepressionAnd much more!

Don't allow your feelings to determine your destiny! Instead, "manage your emotions" to complement and enhance your attitude for a joyful, victorious life!

Managing Your Emotions: Instead of Your Emotions Managing You Details

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Author : Joyce Meyer

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Roxane Lapa says

A book full of wisdom. Joyce Meyer tackles a myriad of bad emotions in this book from blinding anger and unforgiveness to mood swings and depression. Her aim is to help the reader attain emotional healing and start to practise emotionally balanced behaviour rather than manic highs, depressive lows and obsessive compulsions.

Traci says

Joyce Meyer has a way of explaining God's word to fit in today's life.
I enjoy reading her books because they are informative and inspirational.

"Managing Your Emotions" is a good read to study when your feeling low or angry or your emotions are out of control. Joyce Meyer reminds us that to receive peace we must obey God's word.

On page 48 Joyce Meyer talks about learning NOT to look to other people to meet our needs, but to look to the Lord to fulfill our needs because the Lord knows what is best for us.

I also like when she talks about us being super sensitive. I sometimes have a problem with getting my feelings hurt too easily. I am working on that one, but need help from God. This book has some good advice to help in this area.

Enjoy..Pray..Live by faith

Rona says

I truly enjoyed this book. Joyce Meyer writes that by letting your emotions take over you are defeating your faith. She shares some of her own personal experiences. She provides several principals to help you get your life and faith back into check!

I have learned from my own personal experience that depression is normal. There isn't a pill out there that will "take away" that feeling. Depression is normal and can be worked through. Yes, I did take medication but over time I was able to stop. In my case, I dealt with my depression with therapy and my faith. I hope you will read the book and come away feeling good that you did!

Mom says

I love this book. It really makes you think about how to react to situations and how God wants you to react in a way pleasing to Him. It talks about how emotions are a gift from God to be used for good.

Jodi says

Meh! It was okay and I liked how the author tried to reassure the reader with scripture. However, I wonder if she is truly certified as a therapist because some of her advice made me shake my head a little bit. If we only rely on God and always trust him, all our emotions will be good. As a person who has struggled all my life with depression and anxiety, I wish it were just this easy. Sure, sin puts the doubt in my head, but it is not for lack of my trying. I can't just shake it off and I don't think it is fair for her to downplay this. Many good Christians struggle too. She made good points, but this book is not the cure-all for learning to manage my depression.

Penandbooknut says

In this day and age, everyone should read this book because there are a lot of out of control emotions everywhere.....work, grocery store, bank and post office. Basically anywhere someone who has to wait in line loses their temper.

Jennifer says

This book is outdated. A lot of research has been done on depression since this book was published. Joyce refers to depression several times as an "emotion" and a change is needed. *Living Beyond Your Feelings: Controlling Emotions So They Don't Control You* is a newer book, so read it instead.

Shaylo says

This book was very helpful in dealing with my own personal emotions. I found myself thinking about some of the passages I read and relating to them as I was going through a particular situation. I enjoy her books because they are basic and easy to read.

Rachel Maria says

This book is wonderful for women. God created women in his image yet with attributes that are unique from men. Joyce Meyer guides women through an informational perspective of female emotions and how to appreciate this God-given attribute while gaining knowledge from the promises in God's Word. We can channel emotions in conjunction to God's purpose over the tendency to fall into sin.

Dawn Stanton says

i respect Joyce's ministry and have grown from her teaching...but this book seemed only to repeat what she has said in others she has written. a good read if it's your first Joyce Meyer book, but disappointing if you were looking for something new from her.

Lora says

I found I live by my emotions a lot more than I'd like. Good advice, down to earth and encouraging. I underline as I go for certain things I want to read over again. It's nice to have a quick recap.

Finally finished 3/13/10. Had to read it slow and absorb the information. Very good and easy to read. Hard part was dealing with myself as I read it :)

Trina says

I am a huge Joyce Meyer fan; that woman preaches sermons like Jordan use to play basketball. She is dynamic and always on point with her practical lessons from the Bible. She intermixes personal experiences with solid Bible knowledge in a way that is informative and soul inspiring. Unfortunately, her writing does not even come close to her speaking abilities. The problem is that she writes exactly how she speaks! The book comes across as a word for word dictation of her thoughts without the benefit of her expressions and distinct voice. I found myself having to reread several sentences in order to get the meaning. The subject matter was great but I would have rather have heard this than read it.

♥ Cin says

I have picked this book up from time to time when cooking or if I have a few moments. It's not one that you read from cover to cover. If you are a faithful person or open minded this is a good book to read, especially when you're stressed out about something and you aren't someone that instinctively reaches for the Bible.

Carla Still says

I think I underlined almost all the book with numerous stars and arrows. Perfect book for me in this season of emotional healing and balancing. It's going to take a while for all the concepts to soak in and become real in my life. I plan to keep it out and reference it for continued mental and spiritual digestion and application.

Perhaps the most thought provoking chapter opened my eyes to my shamed-based nature. The bad tree inside me is rooted in shame bearing the bad fruits of depression, low self-esteem, lack of self-confidence, and self-pity. This shame-based nature has cursed me all my life with a failure spirit and mediocrity that has resulted in disappointments, discouragement, and despair. Other related problems such as loneliness and isolation can also be rooted in this shame that I have never recognized or realized.

Praise God for His promises in Isaiah 54:4 and Isaiah 61:7. Only God can restore, transform, and deliver me into the fullness of the woman He created me to be.

Ali says

Not s bad book with some helpful thoughts and quality Bible verses. That being said, the book seems to drag on and on. Joyce is such an amazing speaker, but I can't say thy she brought her full charisma to this piece.
