

## 30 Days To Taming Your Tongue Workbook

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**30 Days to Taming Your Tongue: Amazon.co.uk: Deborah Smith ...**

Buy 30 Days to Taming Your Fears by Pegues Deborah Smith (ISBN: 9780736920414) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

**30 Days to Taming Your Fears: Amazon.co.uk: Pegues Deborah ...**

This is why she wrote the popular 30 Days to Taming Your Tongue (850,000 copies sold). Now in trade size, Pegues's 30-day devotional will help each reader not only tame their tongue but make it productive rather than destructive. With humor and a bit of refreshing sass, Deborah devotes chapters to learning how to overcome the. Retaliating Tongue

**30 Days to Taming Your Tongue: What You Say (and Don't Say ...**

On the topic of Satan, one truly amazing thing about this 30 Days to Taming Your Tongue is that it rarely blames Satan for the negative things you are doing. It does have it's moments doing that, but it few and far between. Sometimes, your problems are of your own doing, not Satan.

**30 Days to Taming Your Tongue by Deborah Smith Pegues**

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.

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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 .

**30 Days to Taming Your Emotions: Discover the Calm ...**

30 Days to Taming Your Tongue Workbook by Deborah Smith Pegues Paperback \$9.99. Only 9 left in stock (more on the way). Ships from and sold by Amazon.com. 30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated by Deborah Smith Pegues Mass Market Paperback \$6.99. In Stock.

**30 Days to Taming Your Tongue: What You Say (and Don't Say ...**

Deborah Smith Pegues, behavioral specialist and bestselling author of 30 days to Taming Your Tongue (more than 500,000 copies sold), sheds light on rational and irrational fears and offers readers a path of hope and assurance... With her trademark clarity and practical wisdom, Deborah addresses spiritual, relational, physical safety, financial, and emotional fears with godly principles and ...

**30 Days to Taming Your Fears eBook: Pegues, Deborah Smith ...**

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.

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30 Days to Taming Your Anger by Deborah Smith Pegues at AbeBooks.co.uk - ISBN 10: 0736945741 - ISBN 13: 9780736945745 - Harvest House Publishers - 2013 - Softcover

**9780736945745: 30 Days to Taming Your Anger - AbeBooks ...**

Deborah Smith Pegues, bestselling author of 30 days to Taming Your Tongue (over 500,000 copies sold), leads readers to tame their stress and exchange it for peace in just one month's time. With insight gleaned from her experience as a certified behavioral consultant, Deborah uncovers the surprising causes of stress and reveals simple, life-changing cures, such as

**30 Days to Taming Your Stress: Pegues, Deborah Smith ...**

Find helpful customer reviews and review ratings for 30 Days to Taming Your Tongue at Amazon.com. Read honest and unbiased product reviews from our users.

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You will discover anger-taming strategies such as predetermining how to respond to certain triggers; deactivating your "anger buttons"; developing a divine perspective toward frustrating people or circumstances; exercising the fruit of the Spirit to thwart impatience and irritability; and understanding how food and other factors affect mood. 30 Days to Taming Your Anger provides Scripture-based principles, heart-searching personal challenges, and powerful affirmations that point you to a new ...

Pegues's 30-day devotional will help each reader not only tame his or her tongue but make it productive, rather than destructive. Scripturally based personal affirmations combine to make each applicable and life-changing.

Deborah Smith Pegues, author of the popular 30 Days to Taming Your Tongue (over 500,000 copies sold), now offers friendly, doable money management strategies in 30 Days to Taming Your Finances. Giving readers the benefit of her many years' experience as a public accountant and certified behavioral consultant, Deborah sheds light on the emotional and practical side of putting finances in order. The wealth of information readers will gather includes how to forget past financial mistakes and start fresh stop emotional spending and still be content fund future objectives with confidence Each day's offering will inspire and motivate readers to savor the freedom that comes with organizing, valuing, and sharing their resources wisely.

Deborah Smith Pegues, behavioral specialist and bestselling author of 30 days to Taming Your Tongue (more than 500,000 copies sold), sheds light on rational and irrational fears and offers readers a path of hope and assurance. With her trademark clarity and practical wisdom, Deborah addresses spiritual, relational, physical safety, financial, and emotional fears with godly principles and straightforward helps. Each step of the way, she gives readers power over fear by helping them understand: the foundation of their fears God's perspective on their specific anxiety, fear, or phobia how to respond to fear triggers with information, awareness, and confidence ways to embrace healthy fears and to resist unhealthy ones how neutralizing their fears maximizes their life This will be an invaluable resource for anyone walking the minefield of constant apprehensions who is ready to exchange fear for the peace which passes all understanding.

Now that more than 500,000 copies of 30 Days to Taming Your Tongue have been sold, thousands of readers with tongue trouble can testify that Deborah Pegues' approach works in real, everyday life. As a companion to the bestselling book, this 30-day guide will help readers put into practice what they're learning. Features include... questions that will help readers think through how the book's advice can apply to their circumstances ideas and plans to overcome negative speech patterns words from Scripture to reinforce the changes readers are making The key to overcoming foot-in-mouth disease, indicates the author, is letting God's way of thinking sink into your brain and then be reflected in your speech. This practical, hands-on guide will show readers how to do this.

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.

It's a mad, mad world and rare is the person who gets through a single day without encountering an irritating, frustrating, or anger-producing situation. Deborah Pegues, author of the award-winning and bestselling 30 Days to Taming Your Tongue (more than 650,000 sold), is once again a voice of hope in this indispensable guide for dealing with short-term and long-term feelings of displeasure. Pegues reveals that anger is a secondary emotion. She uses biblical and modern-day stories to help you identify 16 primary emotions that may be at the root of your anger--and to choose Scripture-based responses for effectively dealing with them. You will discover anger-taming strategies such as predetermining how to respond to certain triggers deactivating your "anger buttons" developing a divine perspective toward frustrating people or circumstances exercising the fruit of the Spirit to thwart impatience and irritability understanding how food and other factors affect mood 30 Days to Taming Your Anger provides Scripture-based principles, heart-searching personal challenges, and powerful affirmations that point you to a new sense of freedom and improved relationships. Perfect for individual devotions, small groups, and biblical counseling.

Do You Long for Peace of Mind? You can't avoid anxiety-provoking circumstances--they are a natural consequence of life on Planet Earth. But there are effective ways to deal with the stress they cause! Deborah Smith Pegues has been where you are and wants to share what she's learned to help you handle the situations that threaten your peace of mind. In 30 days, you will discover how to ... experience joy by embracing a divine perspective and living in the now achieve clarity by improving your sleep, diet, and exercise routines evaluate your expectations to minimize distress and disappointment prevent unnecessary angst by managing your time and money more wisely trade your "stress-speak" for more calming expressions Packed with practical insights, encouragement, and biblical inspiration, this book will help you respond effectively to worry and anxiety so you can be a happier person.

We need God's help... and fast! Deborah Smith Pegues, a behavioral consultant and the author of 30 Days to Taming Your Tongue (more than 500,000 copies sold), offers readers a 9--1--1 prayerbook for life's many circumstances and needs. Brief, immediate, and heartfelt, these prayers bring God's Word to the forefront of a reader's mind as they lift up cries for: help on the homefront financial discipline and direction resistance of temptations guidance in important decisions comfort in the midst of pain This conveniently sized emergency guide can remain close at hand and heart as it leads readers to God's presence for every need.

You've heard the expression, "Attitude is everything." But can a positive mental attitude make all that much difference in your personal and professional life? Deborah Smith Pegues, author of the bestselling 30 Days to Taming Your Tongue, believes strongly that it can. In Choose Your Attitude, Change Your Life, Deborah explores the root causes of 30 negative attitudes, their impact on your life and relationships, and how you can learn to think positively instead. As a result, she helps you recognize and conquer counterproductive behaviors, such as criticizing the choices others make, being inflexible, and being indifferent to the needs of others. Deborah's handy guide uses Bible-based principles and practical strategies to point you toward the path to a better outlook on life, empowering you to display a positive mental attitude in every situation and leading to healthier relationships, personal growth, and the ability to handle life's challenges as never before. Previously titled 30 Days to a Great Attitude.

FINALLY--THE CURE FOR THE COMMON CURSE! Faced with an epidemic of profanity, our country is in need of practical suggestions for breaking a habit that has ordinary citizens contributing to the decline of civility and good manners. It's not always easy to resist the urge to cuss, but foul language creates an unfavorable image, is damaging to relationships, and goes hand-in-hand with a negative attitude. Now, James V. O'Connor--founder of the Cuss Control Academy--offers the first book to explain why we swear and how we can learn to hold our tongues. Cuss Control doesn't call for the total elimination of swearing, just for its confinement to situations where extreme emotion (think hammer, think thumb) demand it. His program for easing us off the gutter-talk highway involves alternative "potent phrases" for classic curses, including the F-word; ways to communicate clearly rather than use lazy language; and tips on adjusting our attitude and abolishing obscenities. Packed with practical exercises and tips, as well as thoughtful reflection on how we've worked ourselves up into such a state of affairs, Cuss Control is a refreshing celebration of the joys of a civil tongue. \*O'Connor is not ready to rid the world of dirty words. He just thinks less cursing is the key to a less stressful world, and maintains that even natural-born cursers can learn to control their anger along with their language." -Knight-Ridder Newspapers

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