



**Lord Deliver Me From Negative Emotions:
Controlling Negative Emotions and Finding Peace
In The Midst of Storms (Negative Self Talk Book
2)**

Lynn R Davis

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To be a good Christian is to pattern your life after Christ's teachings to the best of our ability. But many of us are often being stressed out because we are bending over backwards and catering to dysfunctional relationships and dealing with life's challenges. If we want emotional peace and well-being we have to work at it. We have to set boundaries and standards. We have to learn to put our emotional health first. And that begins with understanding what's pushing our buttons and how to control those triggers so that we don't allow people or circumstances to control and destroy our peace.

Negative self-talk factors greatly into your emotional health. For many of us what we say to ourselves when we are stressed either tends to be negative or working against us. It's important that we learn to think positively so that we negate the negative self talk and stop building barriers to our own success. This book will teach you to replace past mental conditioning with healthy, new life-giving thoughts, words and actions. As a result you will regain control of your emotions and begin to respond to situations and circumstances in a healthy and more positive way that can be positively life-changing. As you read this series, meditate on the word. It is truly an investment in your personal, emotional and spiritual growth.

It is possible to control negative emotions and utilize positive self talk to guide you, even when things are falling apart. You don't have to be controlled by your environment, negative thoughts, or past programming. You can set boundaries in your thinking, your relationships, and your emotions. It's time to take back control of your life. (21260 words)

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