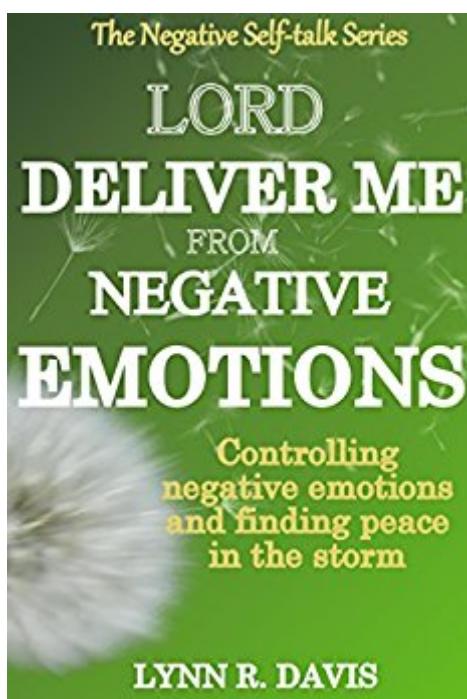


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# **Deliver Me From Negative Emotions: Controlling Negative Emotions And Finding Peace In The Midst Of Storms (Negative Self Talk Book 2)**



## **Synopsis**

Many of us are stressed out. We're bending over backwards, catering to dysfunctional relationships, navigating life's challenges. If we want emotional peace and well-being we have to set boundaries. 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. Facebook Page:

<https://www.facebook.com/DeliverMeFromNegativeSelfTalk/> (21260 words)

## **Book Information**

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## **Customer Reviews**

I like all her books, but this tops them all so far. And yet I hesitated to get it because I don't completely lose it and I don't go after people, so I thought, "Do I need to read this?" Well, yes. because I go over stuff far too long in my mind and that's a problem. As she says, don't meditate on the negative. And even when you walk away, you can have adrenaline surging through your system. This book really helps change your thinking. It strengthens your ability to choose your behavior. She is a good writer-and wow! her interpretation of Jesus asleep in the boat during a storm indicates that she is gifted. Lots of help in this book; lots of reminders; lots of things to think about and try putting into practice in your life. It's a book to read and reread-a bit like a manual. As she points out, lots of people feel it's the best thing to vent, yell and roll around in the dust throwing a punch in. I was beginning to doubt my own reserve and fear of making a public spectacle. And I remember telling my kids to walk, or run-avoid if at all possible. After reading this book, my language changed a bit and I thought, maybe that's part of "walking the path of peace." Super book

This book is awesome ! I purchased this book. Because I have been going through a struggle with good and bad emotions. I needed God's help on how to better deal with the negative emotions that I been feeling from time to time recently. You see Satan and his demons will never stop trying to cause you pain in some way or another. That is their main purpose is to do everything they can to steal your peace and joy that is a gift that is given to you by God. So they will even use the people closest to you do it. It could be your spouse, your child and yes even a parent. Please don't be deceived. By thinking that Satan is going to take pity on you because you are having a bad day. He wants to use whatever he can against you to break your spirit so that you will lose your focus on the life that God has for you. But once you realize that you have God on your side. And you handle it God's way you will begin to realize that Satan has no power over your life unless you give it to him. But when you know better you do better. May this book truly enriched and blessed your life as it has blessed my life. Use what you learn from the this book to bless other people lives. Live well , be safe and know that you are truly blessed.

I love this book!!! It is easy to read and understand. It's like she is sitting here with me just talking about God , his blessings and the trials I face every day in my walk with God. I have gotten the next one and will keep on reading her work. God bless you Lynn Davis and keep writing. Susan Creek

I was depressed till I read your book. It was very comforting and reminded me of God's understanding and love. I am no longer depressed. Everyone should read this book.(even if you think you don't need it -.you might be surprised.) Thank you, for all your.booksLove. Carol

Lynn Davis has done it again, Deliver Me From Negative Self Talk is outstanding. Not only will it help you get your thoughts straight and help you keep them there, but Lynn gives us the tools in each chapter to elevate what we think and help you question why you think that way. In the world we live in being bombarded with so much negative all around we all can get easily caught up in it, thankfully there is a better way. In this book your even given ways to talk positive affirmations, and of course see what you Don't want to say. This book is so full of wisdom and truth and real life stuff. Lynn has walked the walked and shares with us how to be survivors and overcome to become all we are meant to be in the Lord. So I was given a copy for a honest review and I'm headed out to buy a few for gifts for loved ones. Grab a few copies you'll read it more than once and you will most definitely bless whoever you give one to. Enjoy!

I REALLY ENJOYED READING THIS BOOK, WAS PERFECT TIMING JUST WHAT I NEEDED IN MY LIFE. THE BOOK WAS REALLY EASY TO READ, I WOULD READ A CHAPTER A DAY EVERY MORNING WHILE AT WORK AND MEDITATE ON WHAT I READ. I HAVE MADE NOTES FOR MYSELF AND INCLUDED SOME OF THE INFORMATION IN MY DAILY PRAYERS NOT JUST FOR ME BUT FOR MY TWO YOUNG DAUGHTERS AS WELL AND IT HAS BEEN WONDERFUL.

This is a very helpful guide to help me realize just how much I need God to help me and just how much He loves me and wants me to seek His help. I am grateful for this and I thank Jesus for all that He has done to pull me out of darkness and into the light.

I have been through a lot of bad things like deployment, dangerous situations, and dealing with people that have just drained my energy. Its nice to know that even if it may seem that I am alone,

God is always there. This book gives a lot of good advice about bringing your burdens to the lord and seeing every challenge in life as God's way of preparing you for the next blessing. I also like what is said about setting boundaries with other people while still being supportive. This is the first book I have read by Lynn Davis and I definitely will be reading the next in the series.

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