



Relief without Cutting: Taking Negative Feelings to God

Amy Baker

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People handle the hard things in life in all different ways. What do you do when you get upset? Cry? Blow-up? Get depressed? Or perhaps, no one notices when you're upset because you find a quiet place and cut yourself. You're looking for relief, but is this the respite you really want? Relief without Cutting: Taking Your Negative Feelings to God by Amy Baker of Faith Biblical Counseling shows you there is a better way to manage your negative emotions. Instead of cutting--the never-ending cycle of hiding and going deeper and deeper--you can go to Jesus with all of your troubles. You are precious to him. So precious that he shed his blood for you! His power is big enough to fill you with peace and liberate you from cutting. All the minibooks in our Christian bookstore offer gospel-centered hope for everyday issues like parenting, marriage, and personal change. These easy-to-read discipleship and biblical counseling resources tackle lifes toughest issues in 30 minutes or less. Minibooks are frequently used by pastors and ministry leaders to help others apply biblical wisdom to specific life issues. Churches, biblical counseling ministries, and missional organizations make the minibooks available in their acrylic display cases to further discipleship and gospel-centered living.

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