



The Emotions God Gave You: A Guide for Catholics to Healthy and Holy Living

Art Bennett, Laraine Bennett

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Emotions such as anger or sadness or desire arise within us, often without our directly willing them. But we are still free to choose how we respond to them. How can we better understand our God-given emotions and manage them so that we gain the emotional equilibrium and healthy balance we need to take charge of our lives, grow closer to Christ, and share in the joy of his love?

In this insightful and easy-to-read book, Catholic therapist Art Bennett and his wife Laraine explain how our emotions affect us and how our thoughts, attitudes, and behavior can affect our emotions. In a conversational and non-technical way, the authors address these and other questions: What are the effects of temperament and our past experiences on our emotional health? Can we trust our feelings? When do our emotions become destructive? How do past emotional wounds affect our present-day emotional balance?

--Outlines the Catholic understanding of emotions.

--Uses real-life examples of people dealing with emotional issues.

--Helps us see how managing our emotions can lead to healthier relationships with others as well as growth in virtue and a closer relationship with the Lord.

--Includes questions for reflection and prayer at the end of each chapter.

Emotions are a part of every human life, one that greatly influences our behavior and affects our relationships with others and with God. Emotions can lead us to acts of great charity and compassion, but they can also turn us toward sin and destructive behavior. In *The Emotions God Gave You*, Art and Laraine Bennett enable us to identify our often muddled emotions, gain control over them, and even turn them toward virtue. Fr. Benedict J. Groeschel, CFR, psychologist, speaker, author, and EWTN host.

Art and Laraine Bennett are the authors of the best-selling book: "The Temperament God Gave You". Art is a licensed marriage and family counselor and founder of the Alpha Omega Clinics in Maryland and Virginia. He currently serves as president of Catholic Charities in the Diocese of Arlington. Laraine has a master's degree in philosophy and is a regular columnist for Catholic Match and Catholic News Agency. The Bennetts have four children and live in Northern Virginia.

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This The Emotions God Gave You: A Guide for Catholics to Healthy and Holy Living book is just not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book is definitely information inside this publication incredible fresh, you will get facts which is getting deeper you actually read a lot of information you will get. This particular The Emotions God Gave You: A Guide for Catholics to Healthy and Holy Living without we recognize teach the one who studying it become critical in imagining and analyzing. Don't end up being worry The Emotions God Gave You: A Guide for Catholics to Healthy and Holy Living can bring when you are and not make your carrier space or bookshelves' grow to be full because you can have it in the lovely laptop even phone. This The Emotions God Gave You: A Guide for Catholics to Healthy and Holy Living having very good arrangement in word along with layout, so you will not really feel uninterested in reading.

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