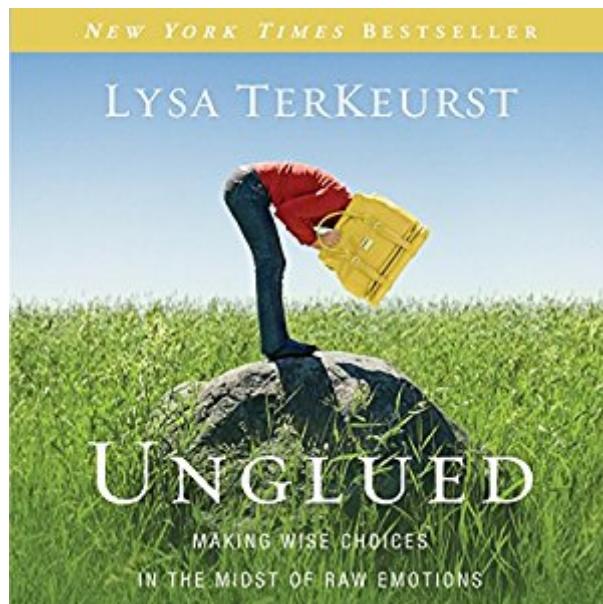


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# Unglued: Making Wise Choices In The Midst Of Raw Emotions



## **Synopsis**

God gave us emotions to experience life, not destroy it! Lysa TerKeurst admits that she, like most women, has had experiences where others bump into her happy and she comes emotionally unglued. We stuff, we explode, or we react somewhere in between. What do we do with these raw emotions? Is it really possible to make emotions work for us instead of against us? Yes, and in her usual inspiring and practical way, Lysa will show you how. Filled with gut-honest personal examples and biblical teaching, *Unglued* will equip you to: Know with confidence how to resolve conflict in your important relationships Find peace in your most difficult relationships as you learn to be honest but kind when offended Identify what type of reactor you are and how to significantly improve your communication Respond with no regrets by managing your tendencies to stuff, explode, or react somewhere in between Gain a deep sense of calm by responding to situations out of your control without acting out of control

## **Book Information**

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## **Customer Reviews**

Is it obvious what attracted me to this book besides the lack of cost? *Unglued* is easily a word I can use to describe myself. Being an organized, detailed person, who thinks ahead and puts much thought into everything, the littlest things will tick me off. And I don't mean, oh I'm getting mad. It's more like instant boiling anger in the form of yelling and iffy language. Yes, everyone has their moments, but mine were daily and concentrated on my husband and kids. For a long time I just did what I could because it didn't seem there was anything I could do, the raw emotion was so

instantaneous. Then I read *Unglued* and TerKeurst's explanations of how people's emotions work stuck with me. I have a combination of two types she discusses. With my family I am what she calls an exploder. Exploders hold nothing back. But, I knew that wasn't all of it because with friends, even if I do get mad, I don't explode on them. The other half of my personality is what TerKeurst calls stuffer. I stuff all negative emotions when dealing with friends and acquaintances and ignore them for as long as possible. Eventually a stuffer's feelings will explode, but it usually takes time. I found that I would take my stuffed feelings home and explode there. Why we take advantage of the ones we love most is beyond me. *Unglued* talks about other types of people as well as the negative consequences of raw emotion that you might not see coming. It really opened my eyes and although I don't always think in time to stop myself, I realize as I begin to rant or stuff that I need to stop and think. This is absolutely progress for me - "imperfect progress" as TerKeurst would say, but still progress.

This is an amazing book on how to handle our emotions, and so much more! Lysa shares with us about grace, mercy, forgiveness and redemption; she shows us how to scripturally apply these to our thoughts and lives as well. I am so glad I read this book while doing the online Bible study with Proverbs31. I recommend this book to all Christian women!

This book is awesome. It's especially great for Mom's and just women in general. Lysa is authentic and is such a great teacher! I was able to be at one of her speaking engagements a few years back. It was wonderful!

Absolutely indispensable guide for those that are controlled by their emotions. This book very likely saved my marriage as well as helping me onto a path of freedom from becoming unglued. I can't recommend it enough, and have in fact, bought several more copies that I have given away.

*Unglued* is a book that is easy to read that has some great ideas for dealing with anger and out-of-control situations. The author uses great examples from her own life to illustrate the strategies she uses to respond to situations which make her feel "unglued." She calls the reactions "raw emotions." She understands that we cannot be perfect in making our reactions more Christ-like, but she says that we can make small positive steps which she calls 'imperfect progress.' I recommend this book highly to all those who need to temper their reactions in difficult situations. TerKeurst is the President of Proverbs 31 Ministries. Great book!

Great read for anyone struggling with flying off the handle or stuffing emotions! Another fantastic book by Lysa!! I've read almost everything she's wrote! Would recommend!

Anything by Lysa TerKeurst is though provoking and you walk away realizing you are still sacred, treasure and adored by the One True King. Lysa has a way of speaking to us like we're talking one-on-one. Amazing.

The way Lysa writes makes you feel like you are actual sitting down with a friend and talking about this shred struggle. She is kind, encouraging and thoughtful. She shares her struggle so you feel safe to say "yes me too!" And not feel like a failure for having those struggles, but instead feel human and normal.I love this book!!! I cannot recommend this highly enough, and wish everyone would read it. I think this is life changing and it was definitely a God-send for me at this point in life, with 3 small children coming unglued is not what I want to do but living in exhaustion I needed the gentle reminder that I have a choice to extend grace and teach it in a fun with my littles.Thank you Lysa for this phenomenal book that was truly God-inspired.Thank you're being the best friend and havng this "tough conversation" and being real.

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