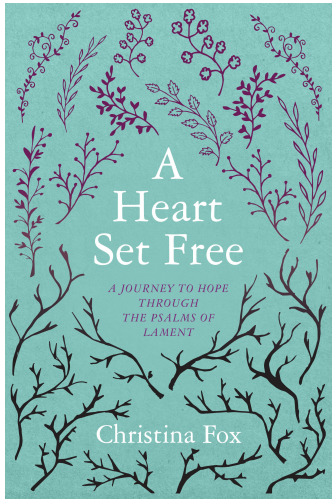
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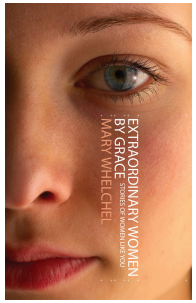
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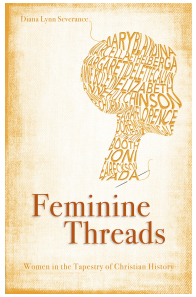


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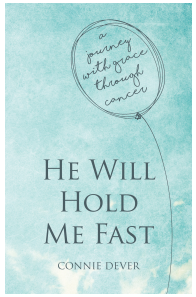
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A journey with the Psalms

Helps us face the reality of our emotions

AUTHOR

Christina Fox is a counselor, retreat speaker, writer, and author of several books including 'Tell God How You Feel: Helping Kids with Hard Emotions' and 'A Heart Set Free: A Journey to Hope Through the Psalms of Lament'. You can find her at www.christinafox.com.

ENDORSEMENTS

A wonderful book ... rather than letting emotions control us, we learn how they can focus our hearts more firmly on God in the midst of all life's deepest troubles.

... invites us to vulnerability, transparency and trust - particularly when life is hard ... offers practical, empathetic help for those whose emotions have taken them captive in a time of upheaval.

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... I wish I had Christina's book back when I became a believer. It would have saved me a lot of painful emotion-stuffing and foolish emotion-ignoring.

Gloria Furman
Author, 'A Tale of Two Kings' and 'Labor with Hope'

... In *A Heart Set Free*, Christina Fox comes at our emotions, particularly the emotion of lament, from a Biblical view. Using the Psalms she takes the reader on a valuable journey teaching how to understand and express our emotions to our Heavenly Father.

Jessica Thompson
Speaker and author of Answering Your Kid?s Toughest Questions and Everyday Grace: Infusing all Your Relationships with the Love of Jesus

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