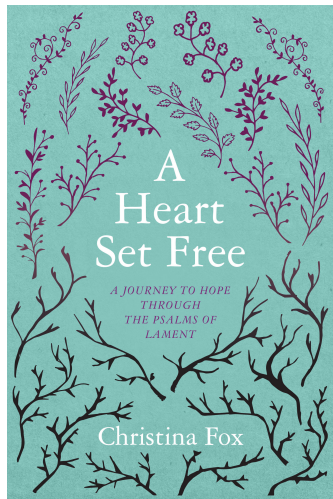


A Heart Set Free

A Journey to Hope through the Psalms of Lament

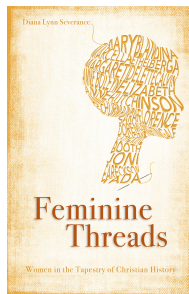
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Helps us face the reality of our emotions

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.

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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

TECHNICAL DETAILS

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