

A
RESOURCE
GUIDE TO

KEEPING YOUR
COOL

WEEK 4

FEELINGS

HOW TO BE EMOTIONALLY HEALTHY

SUGGESTED RESOURCES:

BOOKS:

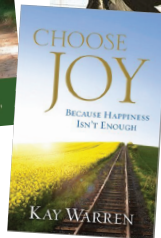
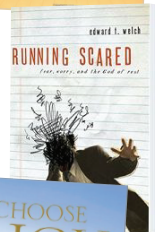
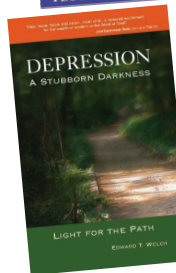
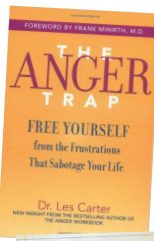
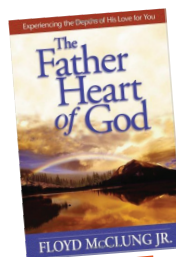
The Father Heart of God
by Floyd McClung Jr.

*The Anger Trap: Free Yourself from the Frustrations
That Sabotage Your Life*
by Dr. Les Carter

Depression: A Stubborn Darkness: Light for the Path
by Edward T. Welch

Running Scared: Fear, Worry, and the God of Rest
by Edward T. Welch

Choose Joy: Because Happiness Isn't Enough
by Kay Warren



SOMETHING TO THINK ABOUT...

How well do you process the pressures & feelings of life?

Do you process your feelings with prayer? What is that like for you?

Do you process your feelings with a partner? How? Does it help?
