



# Managing Your Emotions (Minibook)

*Amy Baker*

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## **Managing Your Emotions (Minibook)** Amy Baker

Emotions are a powerful and important part of life, but sometimes it feels like they are out of control. Mild frustration quickly turns to anger. Sadness becomes despair. Disappointment deepens into bitterness. You may begin to wonder if you control your feelings or if they control you! Amy Baker explains that our emotions don't have to run our lives. Instead, our emotions can reflect God's character even in our broken world. Through discussing how Jesus expressed his emotions and working through practical examples of real-life struggles, she shares how the gospel offers new resources for handling your emotions productively and reshapes the desires and interpretations that fuel your feelings.

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