

The Emotionally Authentic Christian: Building Passion, Creativity and Wholeness into Your Christian Walk

Bob Kalka

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Emotional authenticity is not some mythical state of being happy all of the time, nor is it dwelling on the same issues over and over. Emotional authenticity is a genuine state of accurately realizing the broad and deep range of emotions that are within us and influencing our lives-how we feel, how we act, and how we relate to others. This book describes the emotionally authentic Christian - that is, one who courageously faces the progression of becoming more Christlike by embracing all of his or her emotions and experiences, even the distressing ones, comforted by the knowledge that God has allowed these as perfectly unique ingredients within his or her walk. Based on over sixteen years of field research with the world-renowned Dr. Gary Gemmill, this book provides an easy-to-understand process for establishing greater emotional authenticity, which in turn unlocks the inherent passion, creativity, and wholeness that God has placed within each of our hearts.



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