

# Alcohol And Drug Abuse June Hunt Hope For The Heart Breaking Free Staying Free

Verbal & Emotional Abuse (June Hunt Hope for the Heart) Domestic Violence How to Rise Above Abuse [Verbal and Emotional Abuse](#) Alcohol and Drug Abuse (June Hunt Hope for the Heart) [Spiritual Abuse](#) UNDERSTANDING VERBAL & EMOTION How to Defeat Harmful Habits [Gambling](#) (June Hunt Hope for the Heart) Depression Parenting BOOK: HFTH Boundaries Guilt [June Hunt Hope for the Heart Biblical Counseling Library](#) Victimization [Forgiveness](#) Anger [Adultery](#) (June Hunt Hope for the Heart) [Rejection](#) Hope (June Hunt Hope for the Heart) Depression (June Hunt Hope for the Heart) Suicide Prevention (June Hunt Hope for the Heart) Grief Critical Spirit Healing the Scars of Emotional Abuse Self-Worth [Hope](#) [How to Forgive...When You Don't Feel Like It](#) [The Biblical Counseling Reference Guide](#) Confrontation Seeing Yourself Through God's Eyes Procrastination [The Answer to Anger](#) [Manipulation](#) The Witch-Hunt Narrative Choosing Forgiveness Sexual Integrity [Success through Failure](#) Conflict Resolution Decision Making

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The Witch-Hunt Narrative Nov 27 2019 In the 1980s, a series of child sex abuse cases rocked the United States. The most famous case was the 1984 McMartin preschool case, but there were a number of others as well. By the latter part of the decade, the assumption was widespread that child sex abuse had become a serious problem in America. Yet within a few years, the concern about it died down considerably. The failure to convict anyone in the McMartin case and a widely publicized appellate decision in New Jersey that freed an accused molester had turned the dominant narrative on its head. In the early 1990s, a new narrative with remarkable staying power emerged: the child sex abuse cases were symptomatic of a 'moral panic' that had produced a witch hunt. A central claim in this new witch hunt narrative was that the children who testified were not reliable and easily swayed by prosecutorial suggestion. In time, the notion that child sex abuse was a product of sensationalized over-reporting and far less endemic than originally thought became the new common sense. But did

the new witch hunt narrative accurately represent reality? As Ross Cheit demonstrates in his exhaustive account of child sex abuse cases in the past two and a half decades, purveyors of the witch hunt narrative never did the hard work of examining court records in the many cases that reached the courts throughout the nation. Instead, they treated a couple of cases as representative and concluded that the issue was blown far out of proportion. Drawing on years of research into cases in a number of states, Cheit shows that the issue had not been blown out of proportion at all. In fact, child sex abuse convictions were regular occurrences, and the crime occurred far more frequently than conventional wisdom would have us believe. Cheit's aim is not to simply prove the narrative wrong, however. He also shows how a narrative based on empirically thin evidence became a theory with real social force, and how that theory stood at odds with a far more grim reality. The belief that the charge of child sex abuse was typically a hoax also left us unprepared to deal with the far greater scandal of child sex abuse in the Catholic Church, which, incidentally, has served to substantiate Cheit's thesis about the pervasiveness of the problem. In sum, *The Witch-Hunt Narrative* is a magisterial and empirically powerful account of the social dynamics that led to the denial of widespread human tragedy.

**Choosing Forgiveness** Oct 26 2019 You know that we are all called to forgive-but how? What does "letting it go" actually look like? What if the offender isn't even sorry? Find out how you can literally forgive-and be set free! Based on June Hunt's bestselling *Hope For The Heart* series (over 1 million sold), this 6-session Bible study digs deep into God's Word showing you how to foster a heart of forgiveness and how to release rocks of resentment that weigh you down. Digs into Scripture. Find out what the Bible says about our desire for justice and the difference between forgiveness and reconciliation. Interactive and Practical. Includes discussion questions, journaling, and practical steps you can take each day. Relevant and Relatable. Real stories and biblical answers to key questions, such as, Is forgiveness letting someone "off the hook"? and How do I know whether I've truly forgiven someone? Perfect for personal or small group use. Book jacket.

**How to Forgive...When You Don't Feel Like It** Jul 04 2020 When someone hurts us, our natural response is to strike back. Rather than let go, we cling to our rocks of resentment, our boulders of bitterness. The result? We struggle under the weight of unforgiveness. Though we know God has called us to forgive others, we find ourselves asking: What if it hurts too much to forgive? What if the other person isn't sorry? How can I let someone off the hook for doing something so wrong? Biblical counselor June Hunt has been there herself, enabling her to speak from experience as she offers biblical help and hope with heartfelt compassion. If you've been pinned down under a landslide of pain, here's how to find true freedom through forgiveness.

**Suicide Prevention (June Hunt Hope for the Heart)** Jan 10 2021

**Alcohol and Drug Abuse (June Hunt Hope for the Heart)** Jun 26 2022

**Rejection** Apr 12 2021 How do you cope when a deep or tragic loss leaves you feeling empty, angry, or alone? Healing is a journey, and while there are no shortcuts through the process of grief, God promises not to leave you in the valley of despair. Your identity is in the Lord because of your relationship with Him. He holds you in His compassionate hands, and you are accepted. Rose Publishing Product Code: 228X June Hunt Hope For The Heart Series

**UNDERSTANDING VERBAL & EMOTION** Apr 24 2022

**Procrastination** Feb 29 2020 How to Stop Procrastinating Ill just do it tomorrow. Are you caught in the tomorrow trap? Have you noticed how procrastination has stalled your life? In this

96-page book, Christian counselor June Hunt shows how to stop procrastinating with time-saving tips, biblical principles, and practical steps that will propel your life forward. MYTH: Procrastinators are just lazy. Whether you feel incapable of success or you are secretly afraid of making a mistake, June Hunt exposes the REAL root causes of procrastination. Then, she shares proven ways to tackle the mindsets and habits that keep you from accomplishing tasks, hitting deadlines, and using your time wisely. Although the word procrastination itself is not found in Scripture, many characteristics, causes, and solutions are in plain view throughout the Bible. In this easy-to-understand book, June Hunt equips you with time management skills and principles inspired by the Word of God to help you live a fruitful and productive life. Get practical advice on how to help others overcome their procrastination. Perfect for parents, teachers, youth group leaders, pastors, church leaders, business professionals, and more. If you are plagued with procrastination, with God's help you can rearrange your priorities and complete your task on time. Productivity can replace the chaos when guided by biblical principles of good time management.

Gambling (June Hunt Hope for the Heart) Feb 20 2022 Statistics reveal the negative impacts of gambling. Incidents of addiction, bankruptcy, crime, corruption, domestic abuse, destruction of marriages and families, and suicide attempts are higher in the lives of those grappling with gambling than with any other addiction. In this minibook, June Hunt, a biblical counselor, reveals the root cause of a gambling addiction, what attracts people to the gambling lifestyle, what are the different types of gambling, and what stages are involved in compulsive gambling. Once the exhilarating ecstasy of winning has captured the mind, will, and emotions, all bets are off on the likelihood that people will find freedom on their own. But don't bet your life away! With the transforming work and intervention of the Holy Spirit, freedom from the grip of gambling is possible. Paperback, 96 pages, 4 x 7 inches.

Seeing Yourself Through God's Eyes Mar 31 2020 Do you know who you are? Even more importantly, do you know Whose you are? Christians often look at their lives through natural eyes and see themselves as lonely, depressed, unacceptable to God, unable to be who they really want to be. But a Christian who looks at him or herself through God's eyes sees someone quite different. In this encouraging book, bestselling author June Hunt helps you change your focus as you look in the mirror of God's Word. The reflection she urges you to see includes you as: a child of God chosen by God reconciled to God created to do good works for Christ secure in the love of God These are just five of the wonderful aspects of you as seen through the eyes of God. In this life-changing 31-day devotional, you'll find riches in your own life you never knew you possessed.

Critical Spirit Nov 07 2020 Harsh criticism--whether through hurtful words or disapproving gestures--can cause emotional pain, strain relationships, and stunt personal growth. June Hunt shows how to respond, heal, and stop the cycle of criticism with the healing balm of the Word of God. Is there someone in your life who has been critical of you? We have all been wounded by hurtful words of others--whether it's the constant nagging of a spouse, an overly critical friend, or a fault-finding parent. At the root of a critical spirit often lie insecurities and unmet needs. For many, critical attitudes are "caught" from a home life where parents modeled this destructive behavior. Whether you feel constantly beat up by the biting words of others or whether you are personally struggling with an overly critical attitude, find out how to respond to harsh criticism and how to cultivate a caring spirit with this book. Discover how to-- Respond to harsh criticism Confront someone with a critical spirit Accept constructive criticism Combat negative criticism with truth Demonstrate a caring--not critical spirit--toward others Use this

encouraging book as quick-reference or as a Bible study. Perfect for those who have been scared by the verbal criticism of others and for those who struggle with being overly critical. *What Causes Someone to Be Overly Critical? Why Are They So Mean?* This mini-book will shed light on what often causes people to develop a critical spirit. A critical spirit doesn't just appear out of nowhere--it is created and nurtured by past negative experiences. A critical spirit is often developed under the pressure of continual criticism--from unanticipated anger to unwarranted attacks. June Hunt shares not only what these causes are but shares how to heal from these childhood wounds. The last section titled "Steps to Solution" gives you practical advice on how to confront and cope with overly critical people. It also explains how to break the cycle of criticism by developing a caring spirit.

Self-Worth Sep 05 2020 Invisible. Insignificant. Deep down, have you always felt this way but never understood why? Generally, negative self-perceptions develop as a result of being treated in ways that cause us to feel devalued by significant people in our lives. The true solution to low self-worth is to apply His healing balm of truth to the wound in your soul to transform your mind and forever change your life. Rose Publishing Product Code: 218X June Hunt Hope For The Heart Series

Victimization Aug 17 2021 Do you want to move on from a crisis from your past? Past experiences can leave scars that deteriorate our self-worth, leave us feeling powerless, victimized, and paralyzed from moving forward. June Hunt understands. As an abuse survivor and someone who has been helping abuse victims for decades, she knows healing is a process. Let June guide you through the healing process as she points you to the true source of freedom, Jesus Christ.

Forgiveness Jul 16 2021 Learn to Forgive, to Break from Bitterness, and to Remove Resentment I forgive you. These three little words are so simple, so complex, and yet so powerful! Forgiveness gives us permission to let go of recent irritation, bitterness, longheld grudges from minor offenses, and festering hurts that keep us up at night. Relationships filled with resentment and bitterness ultimately perish. Relationships filled with forgiveness ultimately prevail. Learn how you can be an expression of Gods grace by forgiving others and find the freedom He intended you to have. June Hunt starts this minibook with a definitions section where she explains each word associated with forgiveness. Learn all forms of forgiveness and the difference between forgiveness and reconciliation. Also included in the definitions section are Biblical examples where Jesus forgave sinners and how we can follow his example. Forgiveness isnt based on a feeling, but rather on the fact that God calls us to forgive. The last section titled, Steps to Solution, gives you practical advice on how to have a heart of forgiveness with: 4 stages of forgiveness Forgiveness vs. reconciliation Honesty required for reconciliation A sample prayer to forgive your offender 7 ways to sustain a forgiving heart Forgiveness will shed light on the characteristics of an unforgiving heart and the high cost of unforgiveness versus the high reward of forgiveness. Read the captivating story of how Corrie Ten Boom, a woman who survived a Nazi concentration camp, forgave one of her prison guards. Losing her father and sister to that same concentration camp made forgiving this man very hard, for it was only by the grace of God that helped her choose to forgive rather than to be entrapped in bitterness. Look for more titles in the Hope for the Heart series. These minibooks are for people who seek freedom from codependency, anger, conflict, verbal and emotional abuse, depression, or other problems.

Manipulation Dec 29 2019 Manipulation is the Number One guilt game. This means manipulative people try to make you feel guilty to get their own way, regardless of what's good

for you. They'll accuse you of insensitivity or disloyalty or a lack of Christian kindness, in order to pressure you into giving your time, your money, or even yourself into doing what they want—even though you are not being led by the Lord to do so. In this mini-book on manipulation, you will learn what tactics are used, why you have been manipulated, and how to stop being manipulated. Perfect for the busy person who needs instant advice, this mini-book focuses on the key issues and gives Christians the confidence to say no to people so they can say yes to God.

June Hunt Hope for the Heart Biblical Counseling Library Sep 17 2021 Save over \$40 when you buy all 36 June Hunt Hope for the Heart Biblical Counseling Library Minibooks. A \$143 value for just \$99. • Adultery: The Snare of an Affair • Alcohol and Drug Abuse: Breaking Free and Staying Free • Anger: Facing the Fire Within • Anorexia And Bulimia: Control That Is Out Of Control • Bullying: Bully No More • Codependency: Balancing an Unbalanced Relationship • Conflict Resolution: Solving Your People Problems • Confrontation: Challenging Others to Change • Considering Marriage: Are You Fit to Be Tied? • Decision Making: Discerning the Will of God • Depression: Emerging from Darkness into the Dawn • Domestic Violence: Assault on a Woman's Worth • Dysfunctional Family: Making Peace With Your Past • Fear: No Longer Afraid • Financial Freedom: How To Manage Money Wisely • Forgiveness: The Freedom to Let Go • Friendship: Iron Sharpening Iron • Gambling: Betting Your Life Away • Grief: Living at Peace with Loss • Guilt: Living Guilt-Free • Hope: The Anchor of Your Soul • Loneliness: How To Be Alone but Not Lonely • Manipulation: Cutting the Strings of Control • Marriage: To Have and To Hold • Parenting: Steps to Successful Parenting • Perfectionism: The Performance Trap • Overeating: Freedom From Food Fixation • Reconciliation: Restoring Broken Relationships • Rejection: Healing a Wounded Heart • Self-Worth: Discover Your God-Given Worth • Sexual Integrity: Balancing Your Passion with Purity • Singleness: How to be Single & Satisfied • Stress: How to Cope at the End of Your Rope • Success through Failure • Suicide Prevention: Hope When Life Seems Hopeless • Verbal and Emotional Abuse: Victory over Verbal and Emotional Abuse

Anger Jun 14 2021 Has anger ever clouded your judgment to the point that you acted rashly and then regretted it later? What do you do when you are inflamed with angry thoughts and feelings? Ultimately, you have the choice to act wisely or to react foolishly. You can learn to keep your anger under control with this practical advice from June Hunt. Includes: Cues to Find Hidden Anger checklist, making it easy to diagnose different ways in which your body is reacts to anger and an Act or React checklist to help you respond to anger in a healthy way. Learn the magnitude, misuse, and misconceptions of anger. Review biblical examples of righteous anger and unacceptable anger. The last section titled Steps to Solution gives you the power to be freed from anger by providing you with the 4 sources of anger, 4 Truths that will change your life, how to measure the amount of your anger, 3 steps to resolving anger, how to release your anger prayer, and much more. Paperback, 96 pages, 4 x 7 inches.

Spiritual Abuse May 26 2022 Have you become sidetracked in your thinking? Has your attention been so centered on what spiritual leaders or the church will think of you and expect from you that you've lost focus on what God thinks? Perhaps you've unintentionally confused pulpit persuasions with direction from God's Word. Spiritual abuse whether through twisting scripture or threatening behavior inflicts emotional pain and blocks spiritual growth. It is one of the most common forms of abuse in the church today and often goes undetected, masking itself as truth from a man of God. In Spiritual Abuse, find out how to recognize the signs of spiritual abuse and how to know when others are using the Word of God to manipulate you

(and others). You will learn how to Recognize warning signs of spiritual abuse Distinguish between law and grace Biblically answer legalistic arguments Move from spiritual death to spiritual life

Verbal and Emotional Abuse Jul 28 2022 How to Get Victory Over Verbal or Emotional Abuse You didn't think anyone could hurt you like this, but now that you're in or have experienced an abusive relationship, what do you do? Abuse—whether through hurtful words, degrading looks, obscene gesture, or threatening behavior—inflicts immense pain and impedes emotional growth. We have all been wounded by hurtful words and actions of others—whether the bully at school, the demeaning boss, a rage – filled driver, or someone in our own family. We often carry those wounds with us for a lifetime. June Hunt has a message for you: it is possible to stop the pain of abuse. Learn biblical truths and practical advice on how to stop the abuse, heal the pain of the past, and foster peace in all your relationships. This minibook will shed light on the characteristics of verbal and emotional abuse, words used in abusive conversations, methods of sabotage, and examples of what the victims may experience when dealing with an abusive relationship. Learn about the various forms of abuse and what to pay attention to when a relationship gives off warning signs. Discover the causes of a person who abuses others and answer hard questions like, “How can he be so cruel?” and “How can she be so insensitive?” The book includes a definitions section that explains each word associated with verbal or emotional abuse. Also included are biblical examples of verbal and emotional abuse. The last section titled “Steps to Solution” gives you practical advice on how to put an end to verbal and emotional abuse with: 7 steps to victory over verbal abuse 6 steps to an action plan 8 steps for how to confront and cope with emotionally abusive people Honesty test for those who may be abusive 5 steps to building personal boundaries Look for more titles in the Hope for the Heart series. These minibooks are for people who seek freedom from codependency, anger, conflict, verbal and emotional abuse, depression, or other problems.

Guilt Oct 19 2021 Are you living life with a master list of “Do's and Don'ts” in your heart? Do you feel free—unburdened by sin and guilt? Or, are you still dealing with guilt . . . still dealing with shame? When your faith produces false guilt and shame rather than reduce guilt, then you may have adopted a wrong perspective of God, thinking he expects you to be a perfectionist. This Christian book, *Guilt*, by June Hunt shows how to trade the burden of guilt and sin for the freedom found in God's truth and light. The more you know the true characteristics of God—love, grace, mercy, and forgiveness—the less “false” guilt and shame you will experience in relation to your own sin. There are all types of guilt; from the normal expression you feel when you actually are at fault to false guilt related to self-condemnation and unmet expectations. This Christian book explains the characteristics of false guilt, the negative mindsets that come from false guilt, the sources of false guilt, the physical symptoms of unresolved guilt, and the difference between guilt-ridden reactions to criticism and guilt-free responses. It also walks you through how to let go of guilt and accept God's freedom—for good. In *Guilt: Living Guilt Free*, June Hunt gives you practical advice on how to: Set and reach new target goals (new priorities, purpose, and plan) Distinguish true guilt from false accusations Recognize Satan's lies Forgive yourself and accept forgiveness Live a guilt-free life God uses guilt to get our attention, but He never designed guilt to distress us forever. Learn how to identify true guilt that can lead us into healthy growth from false guilt that burdens us with shame. God set you free—learn how to live in the freedom he promises you!

Conflict Resolution Jul 24 2019 Disharmony in the home, wars in the workplace, and disputes in the church should lead us to the One to whom we can turn to for direction, strength, and

courage. Passivity is not the real path to peace. Resolution rests in confronting the wrong, but with the right heart. Gods Word provides principles for peace that can bring about the supernatural result of reconciliation and resolution. Conflict Resolution will shed light on why some people are avoiders while others are attackers. Learn what causes the worst type of conflict and how to overcome core differences, working through conflict rather than pushing it to the side. The last section titled Steps to Solution gives you applicable tools to overcome conflict, such as: 7 principles for facing conflict Applying the 5 Ws to conflict resolution How to respond when others are critical of you Recipe for conflict resolution Prayer to forgive your offender Look for other titles in the Hope for the Heart series. These mini-books are for people who seek freedom from codependency, anger, conflict, verbal and emotional abuse, depression, or other problems.

**BOOK: HFTH Boundaries Nov 19 2021** Do you feel guilty when setting a boundary for yourself? Do you say yes when you should say no? Are you afraid of angering others and therefore feel compelled to always give in? Rooted in Scripture and packed with practical applications, June Hunt's Boundaries shows you how to identify, establish, and maintain healthy boundaries. In Boundaries: How to Set Them--How to Keep Them, you will discover: How burdens are lifted with boundaries 6 biblical guidelines for setting boundaries How to identify and reestablish broken boundaries How to communicate boundary changes in marriage, friendships, the workplace, ministry, and with your children How to overcome false feelings of guilt and obligation This easy-to-read guide is filled with frequently asked questions, simple explanations, relatable stories, and biblical solutions. 4 Key Features of June Hunt's Boundaries Quick-Guide Resource 1. Easy-to-Read. Provides solid information laid out in simple overviews, bullet points, and charts that serve up everything you need to know at a glance, including key terms and definitions, outlines and characteristics, steps to solution, and more! 2. Bible-Based. Discover more information and practical solutions straight from the Bible. Get helpful references and verses alongside the step-by-step tips from June Hunt's decades of experience in counseling! 3. Practical. Boundaries features key Scripture verses as well as compassionate and non-preachy counseling insights to help practically apply its message to your life. Enjoy having dozens of actionable steps that you can start today! 4. Relevant. Unlike other books on boundaries, this Hope for the Heart quick guide is laid out in an easy-to-follow format with key principles straight from the Word of God. Relevant Scriptures are outlined and formatted to clearly give you a step-by-step roadmap to help you build and keep boundaries that will restore and refresh your relationships!

Adultery (June Hunt Hope for the Heart) May 14 2021 Has your heart been broken by an unfaithful spouse? Has your life been gripped by the agony of adultery? Has your life been forever changed because of the snare of an affair? Adultery is no small matter, especially for those who experience the intense pain of living with a mate who breaks the marriage covenant. In God, there is hope for you and your situation. June Hunt, a biblical counselor, will help you recognize the behavior of a mate who is having an affair, the characteristics and consequences of the adulterer, the reasons to stop committing adultery, and the common mistakes made by the faithful mate. God uses the marriage relationship to develop sacrificial love, commitment, and forgiveness. Because of Gods magnificent grace there is redemption for the adulterer, and God promises to lift up the one whose heart has been broken. Paperback, 96 pages, 4 x 7 inches.

**Healing the Scars of Emotional Abuse Oct 07 2020** Examines the prevalence and psychological damage associated with emotional abuse, counseling readers on how to

overcome the past while rebuilding a self-image, and including in the new edition coverage of such areas as how to manage an abuser and achieve spiritual healing. Original.

Success through Failure Aug 24 2019 This easy-to-read mini-book, Success through Failure, is packed with practical and Christian advice on how to move you from despair and hopelessness, to vision and courage. Includes tips for success, quotes, and more! Find out: What those successful people do to turn failure into success. How God helps you find your passion again. What your true identity is in Christ—not a loser but someone who is called to a good future.

Sexual Integrity Sep 25 2019 No one is above being sexually tempted. Whether its browsing the Internet in the middle of the night or just flirting with a coworker, a series of seemingly innocent choices lead to serious consequences that can cost you dearly. Maybe they already have. Find out answers to some of the most common relationship questions, such as how far is too far? How can I take practical steps toward sexual purity? What is the difference between lust and love? Why is waiting worth it? and What are spiritual reasons for sexual integrity? You can experience extraordinary spiritual strength by fleeing sexual temptation and maintaining sexual integrity. Only through Gods power can you live in the purity that He desires for you. Paperback, 96 pages, 4 x 7 inches.

Depression Jan 22 2022 Do you feel the darkness of depression closing in on you? Can anything dispel the darkness and bring back true peace and contentment to your heart? June Hunt starts this minibook with defining all types of depression, from normal mood swings to psychotic depression. Through charts and easy bulleted points, June Hunt explains what happens to the mind, emotions, will, and body when various form of depression hit. In Depression, June Hunt shows you: • Causes of depression • Types of depression • Unexpected signs of depression • The physical effects of depression • How to combat depression spiritually Depression will shed light on the spiritual implications of depression, and how it can actually leave lasting effects when our bodies experience depression for extended periods of time. God has created us with the ability to bounce back after experiences that weigh heavy on us for short periods of time, but our bodies were not designed to endure long bouts of depressed feelings. The last section titled , "Steps to Solution , " gives Biblical advice on how to manage depression, such as: • Key Bible passages to read • Do's and don'ts for family and friends • Tests to gauge what kind of depression you're facing • Questions and Answers on how depression effects your body • The 4 points of God's plan for us • And much more. Look for all 25 titles in the Hope For The Heart Biblical Counseling Library. These mini-books are for people who seek freedom from codependency, anger, conflict, verbal and emotional abuse, depression, or other problems.

Depression (June Hunt Hope for the Heart) Feb 08 2021 Do you feel the darkness of depression closing in on you? Can anything dispel the darkness and bring back true peace and contentment to your heart? June Hunt starts this mini?book with defining all types of depression, from normal mood swings to psychotic depression. Through charts and easy bulleted points, June Hunt explains what happens to the mind, emotions, will, and body when various form of depression hit. June Hunt shows you: the causes, types, unexpected signs, and physical effects of depression. The last section titled Steps to Solution gives Biblical advice on how to manage depression, such as: key Bible passages to read, Dos and donts for family and friends, tests to gauge what kind of depression youre facing, Q &A on how depression effects your body, the 4 points of Gods plan for us, and much more. Paperback, 96 pages, 4 x 7 inches.

Hope Aug 05 2020 When trouble knocks you off of your feet, hope also seems to be swept away and feelings of hopelessness and depression can set in. To regain a hopeful outlook on life is not difficult or complicated. All it requires is a shift in focus from feelings of hopelessness to hope set on Christ. Ship anchors are often used as a Christian symbol to represent Christ, who provides security to believers, holding them secure no matter the severity of the storm. When you have Christ as your anchor, rather than drowning in despair and depression, you are held secure in His hope. There are many causes of hopelessness, the most common is placing our confidence on things that can fail: money, health, beauty, and status. Painful circumstances such as divorce or a rebellious child cause us to lose hope in God's will, but our hope in God should not be based on other people or circumstances. God wants to work out His purposes for you and ultimately give you peace that passes all understanding. Learn what all of the unreliable anchors are, and how to place your hope in the only anchor that will never fail. In *Hope: The Anchor of Your Soul*, June Hunt gives you practical advice on: What characterizes misplaced hope The symptoms of hopelessness What distinguishes faith from hope How to understand God's will in the midst of disappointment How to reach out to those contemplating suicide Find an anchor for your soul and a sure hope through the guaranteed promises of God. Learn the assurances that come with Christian hope versus cultural hope. Discover the characteristics and benefits of a life harbored in the hope of God's unfailing Word.

Grief Dec 09 2020 There are all types of grief; from the normal expression you feel when something tragic and unexpected happens, to chronic grief and repressed grief. *Grief: Living at Peace with Loss* will help you determine what may have caused grief in your life and help you on the steps to recovery. Learn what "grief work" is and how it can help you commit to working through difficult grief and the stress that goes along with it. Rose Publishing Product Code:210X June Hunt Hope For The Heart Series

Domestic Violence Sep 29 2022 Experts estimate that 1 in 3 women suffer from some form of violence from a husband, boyfriend, or relative. In too many homes around the world, the marriage bond has become bondage—shared lives have become shattered by abuse. *Domestic Violence: Assault on a Woman's Worth* outlines a Christian approach to help identify and stop physical and emotional abuse.

Hope (June Hunt Hope for the Heart) Mar 12 2021 When trouble knocks you off of your feet, hope also seems to be swept away and feelings of hopelessness and depression can set in. To regain a hopeful outlook on life is not difficult or complicated. All it requires is a shift in focus from feelings of hopelessness to hope set on Christ. Ship anchors are often used as a Christian symbol to represent Christ, who provides security to believers, holding them secure no matter the severity of the storm. When you have Christ as your anchor, rather than drowning in despair and depression, you are held secure in His hope. There are many causes of hopelessness, the most common is placing our confidence on things that can fail: money, health, beauty, and status. Painful circumstances such as divorce or a rebellious child cause us to lose hope in God's will, but our hope in God should not be based on other people or circumstances. God wants to work out His purposes for you and ultimately give you peace that passes all understanding. Learn what all of the unreliable anchors are, and how to place your hope in the only anchor that will never fail. In the section titled, "Steps to Solution," June Hunt gives you practical advice on: What Characterizes Misplaced Hope The Symptoms of Hopelessness What Distinguishes Faith from Hope How to Understand God's Will in the Midst of Disappointment How to Reach Out to those contemplating Suicide Find an anchor for your soul and a sure hope through the guaranteed promises of God. Learn the assurances that

come with Christian hope versus cultural hope. Discover the characteristics and benefits of a life harbored in the hope of God's unfailing Word. Look for all 25 titles in the Hope For The Heart Biblical Counseling Library. These mini-books are for people who seek freedom from codependency, anger, conflict, verbal and emotional abuse, depression, or other problems. Paperback, 96 pages, 4 x 7 inches. Product Code: 208X ISBN: 9781596366558

**How to Rise Above Abuse** Aug 29 2022 With nearly 150,000 books sold, Christian counselor June Hunt has fast become a favorite for readers seeking biblical counsel for their problems. In *How to Rise Above Abuse*, June offers compassionate, practical guidance for the tough issues of verbal and emotional abuse, spouse abuse, childhood sexual abuse, rape recovery, victimization, and spiritual abuse. Readers will learn the definitions, characteristics, and causes that, once understood, empower them to take steps toward lasting solutions. They'll find out how to... identify and deal with unresolved anger, grief, or pain rely on Christ for strength when they have none forgive their offender and help other victims regain confidence, hope, and peace for the future place complete trust in God at all times Only the Lord Jesus Christ can heal broken hearts. This book for counselors and counselees will show how those who are hurting can yield to His care.

**The Answer to Anger** Jan 28 2020 Originally published: *Keeping your cool-- when your anger is hot!* 2009.

**How to Defeat Harmful Habits** Mar 24 2022 Respected Christian counselor and founder of Hope for the Heart ministries June Hunt knows that countless lives are impacted and detoured by addictions. People are desperate for answers. They are hungry for hope. In this insightful book, June provides compassionate biblical guidance to help readers recognize addictive impulses and habits, set boundaries, seek help, and trust the power of Christ and God's Word to release them from the hold of addictions including: overeating alcohol and drug abuse sexual addiction codependency anorexia and bulimia and more For those struggling with addiction or watching a loved one caught in its destructive cycles, this is an encouraging resource of lasting answers and a path to healing God's way.

**Verbal & Emotional Abuse (June Hunt Hope for the Heart)** Oct 31 2022 Abuse ? whether through hurtful words, degrading looks, obscene gesture, or threatening behavior ? inflicts immense pain and impedes emotional growth. We have all been wounded by hurtful words and actions of others ? whether the bully at school, the demeaning boss, a rage?filled driver, or someone in our own family. We often carry those wounds with us for a lifetime. June Hunt has a message for you: it is possible to stop the pain of abuse. Learn biblical truths and practical advice on how to stop the abuse, heal the pain of the past, and foster peace in all your relationships. She also provides the warning signs of abuse, the 7 steps to victory over verbal abuse, 6 steps to an action plan, 8 steps for how to confront and cope with emotionally abusive people, Honesty test for those who may be abusive, 5 steps to building personal boundaries, and much more. Paperback, 96 pages, 4 x 7 inches.

**Confrontation** May 02 2020 Do you need to confront someone who is doing something wrong? It can be awkward, even a little risky, but confrontation for the purpose of exposing what is wrong to establish what is right is biblical. In this Christian book, June Hunt, shows you how to confront someone for the purpose of conviction, correction, and a changed life. She offers 4 proven confrontation strategies and provides examples and illustrations of appropriate ways to confront people in a way that is pleasing to God.

**Parenting** Dec 21 2021 Kids are a lot like kites - struggling to become airborne, yet needing the stability of the string. A kite is not designed to be possessively protected inside the home.

Though separation is painful, God designed your role as a parent to prepare your "kite" for flight. As the fragile frame dives again and again, don't be emotionally torn by the changing winds. Keep running with your child, releasing more and more string into the Lord's sovereign hands. June Hunt gives practical advice and Biblical wisdom on how to be a great parent. Did you know: God ordained roles for mothers and fathers The different parenting styles that lead to problems The proper balance between love and limits The process of "letting go" and allowing your child to soar The hope God has for hurting parents In most families, the role of a father and the role of a mother are different. Your child may be looking to each parent for different needs and acknowledgements. Learn what they are and how you can be proactive in the role that the Lord has given to you. Your child is a gift from God. The most compelling behavior you can model before your child is to reflect the character of Christ. It's never too late to begin taking steps toward godly parenting. Rose Publishing Product Code: 222X June Hunt Hope For The Heart Series

Decision Making Jun 22 2019 Making a decision about your career, your future, or the next step to take can be downright frustrating. Plenty of people are quick to put in their two cents to help you make a decision, but it can all add up to a lot of confusion! You have important life decisions to make, and in the midst of swirling opinions, you're left scratching your head about what to do. Your best friend says one thing and your spouse says another, and you just can't figure out what God wants. In Decision Making, Christian counselor June Hunt walks you through the decision-making process, helping you tackle life decisions with wisdom, confidence, and a lot of grace!

The Biblical Counseling Reference Guide Jun 02 2020 The Bible provides God's solutions for every problem or issue we face in life. But how can you find the most relevant biblical counsel when you need help from God's Word? That's where The Biblical Counseling Reference Guide comes in. This comprehensive resource, developed by longtime Christian counselor June Hunt, will enable you to find the right Bible verses in response to hundreds of practical, everyday issues. Here in one volume, covering 600-plus topics, is quick access to God's perfect wisdom for all of life. Every teacher and student, counselor and coach, fellow believer and caring helper will find within these pages a treasure trove of biblical counsel for every issue people face, including... anger conflict resolution depression forgiveness grief homosexuality loneliness marital struggles overeating stress temptation victimization