



# Managing Your Emotions

*Benny Ho*

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## **Managing Your Emotions** Benny Ho

In our modern, fast-paced world that we live in, the human soul is constantly bombarded with situations and circumstances that may stir within him negative emotions such as anger, depression, fears, guilt, pride and worry. How can we recognise and overcome these emotions so that we can break through and experience the abundant life God has promised every believer? In *Managing Your Emotions*, Pastor Benny Ho tackles the six negative emotions that have plagued men and women since time immortal. Clear, instructive and inspiring, this book will help readers understand the important biblical perspectives and remedies to manage their emotions.

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