



30 Days to Taming Your Tongue

Deborah Smith Pegues

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Certified behavioral consultant Deborah Pegues knows how the words we use either build-up or undermine our personal and professional relationships. Drawing from her popular book *30 Days to Taming Your Tongue* (more than 500,000 copies sold), Deborah shares effective ways to exchange destructive language for productive communication in this insight-packed DVD series.

With humor and engaging personal stories, Deborah presents six biblically based, 30-minute sessions and shares how viewers can embrace a life-changing outlook, purpose, and faith when they release their:

- lying for a life of integrity
- criticism to encourage others
- gossip and use words of healing
- complaints to welcome contentment
- retaliation and allow forgiveness
- doubt to hold onto hope

Deborah's soul-searching questions and practical tools motivate and encourage each person to invest in a good life by nurturing good fruit to flow from their heart, mind, and mouth.

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This 30 Days to Taming Your Tongue book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is usually information inside this reserve incredible fresh, you will get data which is getting deeper anyone read a lot of information you will get. This 30 Days to Taming Your Tongue without we recognize teach the one who examining it become critical in pondering and analyzing. Don't end up being worry 30 Days to Taming Your Tongue can bring once you are and not make your carrier space or bookshelves' come to be full because you can have it with your lovely laptop even mobile phone. This 30 Days to Taming Your Tongue having excellent arrangement in word in addition to layout, so you will not sense uninterested in reading.

Sara Otoole:

Reading can called thoughts hangout, why? Because while you are reading a book particularly book entitled 30 Days to Taming Your Tongue your thoughts will drift away trough every dimension, wandering in most aspect that maybe mysterious for but surely will end up your mind friends. Imaging each word written in a reserve then become one form conclusion and explanation this maybe you never get before. The 30 Days to Taming Your Tongue giving you one more experience more than blown away your head but also giving you useful data for your better life with this era. So now let us present to you the relaxing pattern the following is your body and mind will likely be pleased when you are finished looking at it, like winning an activity. Do you want to try this extraordinary shelling out spare time activity?

David Fulton:

This 30 Days to Taming Your Tongue is great guide for you because the content and that is full of information for you who also always deal with world and still have to make decision every minute. This specific book reveal it facts accurately using great organize word or we can claim no rambling sentences in it. So if you are read this hurriedly you can have whole data in it. Doesn't mean it only offers you straight forward sentences but tricky core information with lovely delivering sentences. Having 30 Days to Taming Your Tongue in your hand like finding the world in your arm, information in it is not ridiculous one. We can say that no e-book that offer you world with ten or fifteen second right but this reserve already do that. So , it is good reading book. Hey Mr. and Mrs. active do you still doubt which?

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