



# Healing Our Hurts: Dealing with Difficult Emotions

*Daniel Bagby*

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## **Healing Our Hurts: Dealing with Difficult Emotions** Daniel Bagby

Caregivers face an ongoing challenge in dealing with the difficult emotions of those we care for and nurture. When it comes to anger, despair, guilt, or sorrow, what are the best ways to respond? What does it mean if a person we are caring for feels anxious, fearful, frustrated or stressed? If we notice apathy, aggression, shame or suspicion, what can we do to try and understand what a person is feeling as we work to help them? In *Healing Our Hurts*, Daniel Bagby identifies and explains all the dynamics at play in these complex emotions. Offering practical biblical insights to these feelings, he interprets faith-based responses to separate overly religious piety from true, natural human emotion. This book helps us learn how to deal with life's difficult emotions in a redemptive and responsible way.

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