

BOOK RECOMMENDATIONS

Kim Harrison

Get Out of Your Head by Jennie Allen.

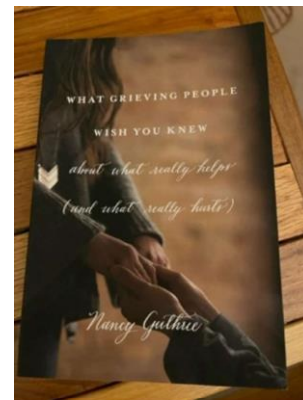
As a therapist, I loved that this book helps breakdown the feelings that influence the thoughts and beliefs that play key roles that impacts our daily life and relationships. It helps provide practical education on this topic and reminder of God's ability to help us and reminder of the Truths we need to hold on to as we live out our lives.



Annette Crislip

What Grieving People Wish You Knew by Nancy Guthrie.

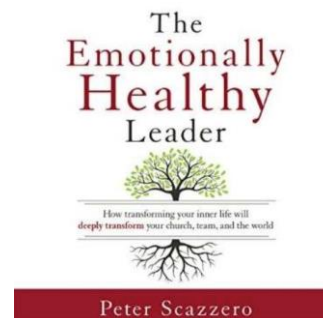
We all want to know what to say or do when somebody we know suffers from loss. This straightforward and practical book provides the insight we need to confidently interact with grieving people.



Amy Bush

The Emotionally Healthy Leader by Pete Scazzero

This book is a must read for every Christian leader as it helps us understand that having a rich "inner" life is essential for our leadership to be genuine and life-giving to ourselves and those around us.



Christie Eastman

I Love Jesus, But I want to Die: Finding hope in the darkness of depression. Sarah J. Robinson

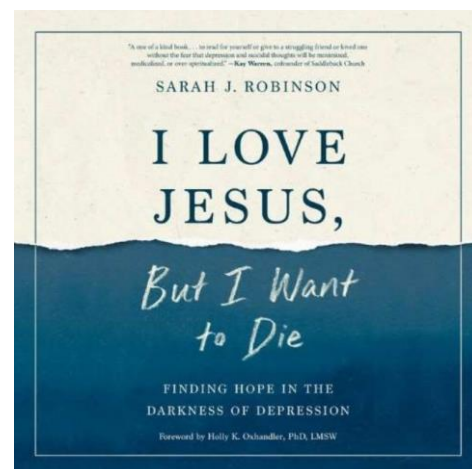
This autobiography tells the story I hear repeatedly from severely depressed people, including those who struggle with suicidal thoughts, suicide attempts, and chronic suicidality. The author is a Christian. Her experience in church and with Christian people (who loved her and did everything they knew to encourage her in the faith) at times worsened her shame, fear, isolation, and feelings of failure

as a Christian. The church, in doing beautiful things with desire to preach and teach the truth of God, at times inadvertently drove her depression into dangerous levels, including attempts to end her life.

The book is an excellent intimate window into the experience of a person living with severe, recurrent, major depressive disorder. She describes her experiences of depression, of all the ways that she tried to manage her symptoms, of the rollercoaster of living with a mental illness. She also tenderly describes her journey as a Christian and ministry leader living with depression, and with the church, that will answer many questions that you might never get to hear spoken quite so honestly from someone living with self-harm, suicidal thoughts, suicide attempts, panic attacks, etc.

Another reason I'm recommending this book is because it can be a lifeline for people in the church who suffer from depression (I recommend it for 18 and above, or very mature teens who struggle with suicidal thoughts).

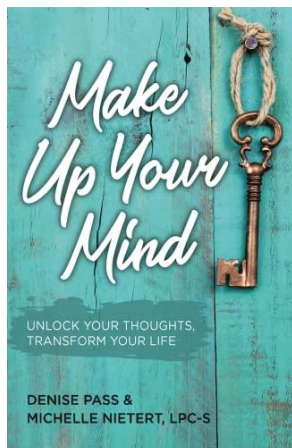
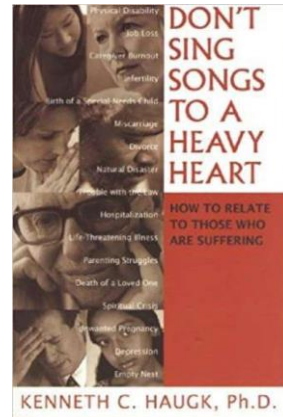
There's never been a more important time in the church to understand how to use the truth of God with people suffering from depression and suicidality. It is a matter of life and death. May we wield the message of life in such a way that it truly brings and protects life, including the lives of those battling severe depression.



Jason Robbins

Haugk, Kenneth C. *Don't Sing Songs to a Heavy Heart: How to Relate to Those Who Are Suffering*. St. Louis, MO: Stephen Ministries, 2018.

Written by the founder of the Stephen Ministries, this book includes practical instruction based on pastor and clinical psychologist Dr. Kenneth C. Haugk's experiences. He draws on research based on experiences of 4,200 people, offering the reader insights and suggestions on helping those in the grip of suffering. With its biblical foundation, compassionate approach, and practical guidance, this book will help the reader bring God's loving presence to those in emotional and spiritual distress.



**Make Up Your Mind:
Unlock Your Thoughts, Transform Your Life**
by [Denise Pass](#) (Author), [Michelle Nietert](#) (Author)

AS WE THINK, SO ARE WE . . .

Every day we fight battle after battle in our mind—many times unaware of the real fight at hand and wind up defeated, as if we cannot win the battle of our own mind. It's our own mind, but we can struggle to make it up. Negative mindsets limit our existence by keeping us bound in habits and attitudes unless we know how to break free of them.

Our mindsets matter. Sadly, when people operate their lives caving to unhealthy mindsets, they live defeated lives lacking joy and peace stemming from negative thought patterns.

In *Make Up Your Mind*, the reader will learn about the root behind common mental battles, focus in on ten key negative mindsets and learn how to overcome them using Scripture and real-life solutions as we adopt the mind of Christ. Each chapter includes a devotional application section and a "Counselor's Corner" section featuring licensed counselor Michelle Nietert.

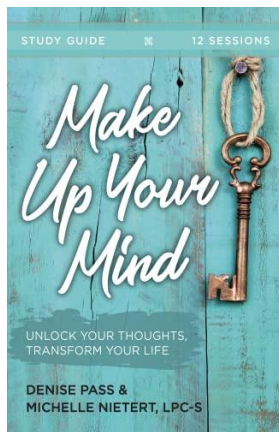
Readers of Make Up Your Mind will:

- * Solve the subconscious pain that shackles your soul.
- * Resolve to renew your mind and release common mindset struggles.
- * Dissolve discouragement and discover delight again.
- * Absolve ourselves from thoughts absorbed in self.

"Be careful how you think; your life is shaped by your thoughts" (Proverbs 4:23, GNT).

FEATURES

Readers will gain practical tips and biblical insight to fight the battle of the mind and adopt new ways of thinking. Offers real solutions to help people change and live in a productive mindset. Reveals common triggers to these mindsets and provides keys to overcome them.



Make Up Your Mind Study Guide

by [Denise Pass](#) (Author), [Michelle Nietert](#) (Author)

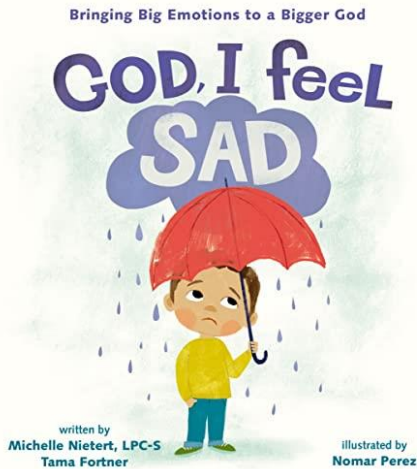
I can't do this. She doesn't like me. No one cares. It all seems hopeless. The wilderness of our minds and life experiences can rob us of peace, hope and joy. We have been conditioned by a broken world to think thoughts that are self-defeating. Overwhelmed by so many negative thoughts, it can be difficult to know how to think differently. Transformation occurs when we align our thoughts with God's thoughts by tapping into the power of God's Word, the Holy Spirit, and the mind of Christ. You are invited on a road trip to

discover biblical keys and learn to navigate the ten negative mindsets with our roadmap, God's Word.

With God's help, you can:

- Understand how your belief system has been formed and the impact on your emotions and behaviors.
- Reset your mindset using biblical principles.
- Overcome the head game that leaves you feeling defeated.

In this 12-week small group study guide, a companion to the award-winning book, Make Up Your Mind, Denise Pass guides you through a weekly five-day study, examining how negative mindsets operate in Scripture and how you can be set free from them. Leaders can use the provided guides and links to videos for small groups. In her Counselor's Corner, Michelle Nietert guides you through weekly Scripture meditations, helping shape your mindset to move toward the lasting calm you crave. Questions are included to be used personally, with a friend, or in a small group.



God, I Feel Sad: Bringing Big Emotions to a Bigger God

by [Michelle Nietert](#) (Author), [Tama Fortner](#) (Author), [Nomar Perez](#) (Illustrator)

Kids have big feelings, but none of their feelings are too big for God. In this picture book from licensed counselor Michelle Nietert and Tama Fortner, young readers will explore what it means to feel their sadness and discover how to manage their emotions in a healthy way.

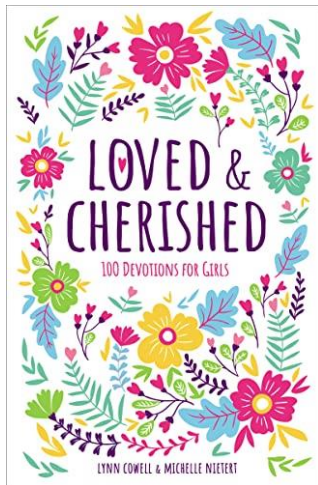
Sad is a feeling that can be hard, but if we listen to it, we can learn things about ourselves. In *God, I Feel Sad*, kids discover that it's okay to be sad and that God is in all things, including sadness. With simple, accessible text, sad becomes an emotion that kids don't need to avoid and instead something they can use to grow closer to God. The bright, emotive art by Nomar Perez will draw kids in, and a note in the back provides tips and techniques parents and caregivers can use to help young children process their feelings in a beneficial way.

God, I Feel Sad teaches kids ages 4 to 8 how to:

- Identify the feeling of sadness
- See signs of sadness in others
- Recognize things that can make them feel sad
- Embrace sadness without letting it overwhelm them
- Talk to God about their feelings

God, I Feel Sad is perfect for:

- Helping young kids develop positive ways to manage and name their feelings
- Children dealing with changing emotions, new experiences, or loss
- Family read-aloud time
- Supporting good communication and mental health habits at an early age



Loved and Cherished: 100 Devotions for Girls

by [Lynn Cowell](#) (Author), [Michelle Nietert](#) (Author)

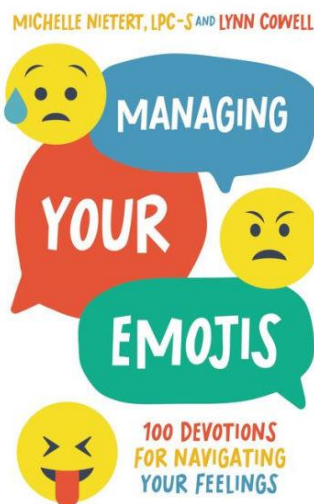
Am I loved? Am I valuable? Am I smart? The questions can go on for as long as a girl's imagination and self-image allow. A girl needs to know that she is enough because of God's love.

So often, girls and women give in to the lies that how they look and how popular they are determines their worth. But as children of God, we can have the confidence that we are loved, protected, secure, whole, and valuable because God is our heavenly father.

Loved and Cherished equips girls ages 8–12 to:

- Discover perfect, unconditional love in God, and that she doesn't have to perform or be perfect to receive that love.
- Know she has God's protection, despite living in an often-scary world.
- Let go of heartaches, fears, and failures, because she has the love she needs to face it.
- Build a strong foundation of faith on the love who will never leave her so she can face the challenges of growing up.

With a beautifully decorated cover, ribbon marker, and lovely page illustrations, this book of devotions will make the perfect gift for any girl in your life who deserves to know she is cherished, treasured, valuable, and worthy.



Managing Your Emojis: 100 Devotions for Navigating Your Feelings

by [Michelle Nietert](#), [Lynn Cowell](#)

God calls us to live lives of joy, but sometimes we feel mad, sad, or scared. *Managing Your Emojis*, a 100-day devotional, teaches kids that God loves them no matter what they're feeling, and Scripture can empower them to manage their emotions.

Learning to manage our emotions is a critical life skill, yet we've often missed equipping kids with these valuable skills before situations intensify into mental health issues.

Managing Your Emojis will help kids discover that emotional control and happiness come from God's love for them.

Through short, accessible devotions kids will be encouraged to observe, name, and release their emotions while turning to God for the strength, love, and care they need as they begin the fast-moving process of growing up.

Managing Your Emojis, for boys and girls ages 8–12:

- Teaches kids they can accept and manage their God-given emotions.
- Refers to specific Scriptures that speak to our emotions and help children realize God accepts all their emotions.
- Creates freedom in families to discuss emotions and know they are part of God's design.
- Includes stories that present a problem, a Scripture that provides a solution, a practical application, and a closing prayer.
- Is written by bestselling author Lynn Cowell and licensed professional counselor Michelle Nietert.

Managing Your Emojis will empower your child to find acceptance and approval from God as they come to know that God made them just as they are; intense emotions and all.