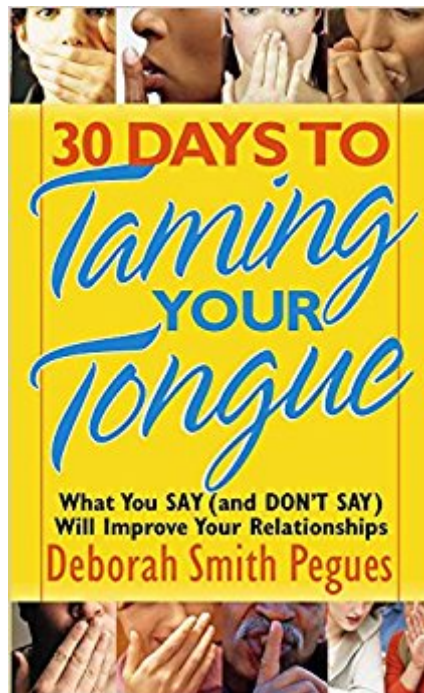




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# 30 Days To Taming Your Tongue: What You Say (and Don't Say) Will Improve Your Relationships



## Synopsis

Certified behavioral consultant Deborah Pegues knows how easily a slip of the tongue can cause problems in personal and business relationships. This is why she wrote the popular 30 Days to Taming Your Tongue (850,000 copies sold). Now in trade size, Pegues's 30-day devotional will help each reader not only tame their tongue but make it productive rather than destructive. With humor and a bit of refreshing sass, Deborah devotes chapters to learning how to overcome the Retaliating Tongue, Know-It-All Tongue, Belittling Tongue, Hasty Tongue, Gossiping Tongue, 25 More! Short stories, anecdotes, soul-searching questions, and scripturally based personal affirmations combine to make each applicable and life changing. Rerelease in trade edition

## Book Information

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## Customer Reviews

“This book will revolutionize your life! Even entire congregations would benefit from doing this fast together.” P. Bunny Wilson, author and speaker  
“This book is an invaluable guide packed with wisdom on thinking before you speak. Read it!” Judge Mablean Ephraim, Divorce Court TV  
“This book is the most directed, clearly written and forward to the truth of taming the tongue.” Lisa Gonzalez Jons, Realtor  
“Recently I purchased three class sets and began offering writing prompts to my reading students from portions of Deborah's 30 Days to Taming Your Tongue. Her guided lessons offer brief, no-nonsense approaches for examining our own words and ultimately lead to thinking more seriously about lifelong attitudes and behaviors reflected by spoken thoughts and, more importantly, their long lasting ramifications. My

students find Deborah's approaches to taming the tongue particularly appealing as they deal regularly with the tongue beast. Through collaboration, role play and writing exercises, I have witnessed Deborah's positive influence on America's youth on a daily basis! What promise this brings to upcoming generations!

• Ruby Browne Melton

Deborah Smith Pegues is a certified behavioral consultant, Bible teacher, and international speaker. She has written 16 transformational books, including the bestselling 30 Days to Taming Your Tongue (over one million sold worldwide) and Emergency Prayers. She and her husband, Darnell, have been married nearly 40 years.

Excellent analysis.

The Author does one thing, teaches with Love, Sincerity of common sense that people are not born knowing. I love how insightful, also wise is the application in life. It's in no manner dispensing advice. Rather giving you insights often overlooked in this world. I could personally relate to every topic in the table of contents. Everyone has either seen behavior like this or has experienced it up close and personal. After reading this book, now I'm mindful that words are choices we make daily to speak appropriately to others to build them up or say nothing at all. This book met more than my expectation. I appreciate you Debra for writing it.

I found me in this book and I committed to making a change

I want to thank Deborah personally. I bought this book before and read it. I am not sure what happened to it so I had to buy another. I love the book. It came in brand new condition. It really is so great to meditate on. Such a small book, but each chapter could take a week to reflect on. I love how she is upfront and biblically blunt. She doesn't beat around the bush, but gets right to the point. If you are looking to tame your tongue read this book! It helped me overcome so many issues and get at the heart of my tongue issues. This book helped me improve my relationship with my parents and friends. I am so so thankful for this book. I recommend it to everyone. There has to be at least one chapter that relates to you.

Plan to use this book for my personal detoxing!

Good too I. Addition to the bible. Read it daily especially in tough times I. Work and family life matters

use for bible study

excellent

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Piano, Level 2: A Progressive, Interactive Approach to Sight-reading (Faber Edition: Improve Your Sight-Reading)

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