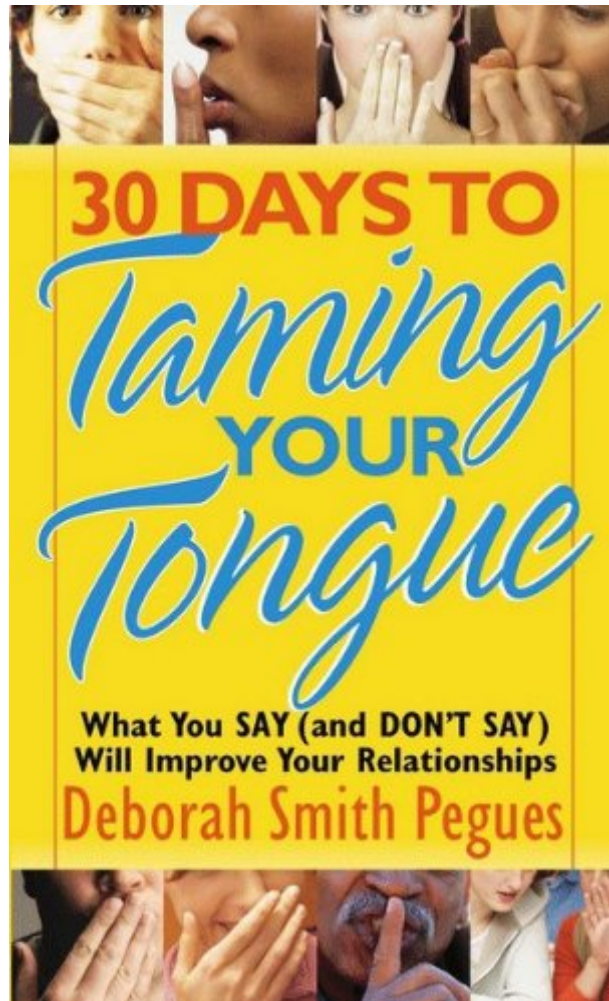




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# 30 Days To Taming Your Tongue



## Synopsis

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. --This text refers to an alternate Kindle Edition edition.

## Book Information

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in Â Books > Reference > Words, Language & Grammar > Speech

## Customer Reviews

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

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