

Unglued

Lysa TerKeurst (Zondervan)

There's no escaping life's tough moments, which often occur unexpectedly. Though these can be devastating events or situations, often it's an accumulation of life's routine irritations that become "the straw that breaks the camel's back."

Unglued: Making Wise Choices in the Midst of Raw Emotion is a product of Lysa TerKeurst's personal reactions in moments of raw emotion—a work she acknowledges has just begun in her life. With refreshing self-effacing humor and honest confessions, TerKeurst encourages women to cooperate with God, who sanctifies us even if we make—as she puts it—"imperfect progress."

She notes that when women are faced with stress they often times fall into two categories: either "exploders" or "stuffers." She advises some healthy ways to handle emotions to avoid being overwhelmed by demanding situations. Every Christian woman wants to walk in the Spirit and avoid ungodly outbursts. TerKeurst amusingly shares how.