



Embracing a Feeling Heart

Wendy J. Mahill

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Embracing a Feeling Heart is a Christ-centered curriculum for people who would like to learn about the role that emotions play in our lives. God created people to feel a wide array of emotions, which give us valuable information about our hearts. Because of the fall, we tend to mishandle, misread, repress, suppress, avoid, or deny feelings, which make us great pretenders and experts at deceit. If you've been taught that emotions are unimportant or wrong to feel and express or you have experienced shame over the emotions you experience, this book will give you new insights that will give you the freedom to experience all the emotions you were created to feel. This book can also help you learn to live a more authentic life, experience a deeper sense of community by helping you to form heart connections, and give you a deeper understanding of the Creator. Wendy J. Mahill is a member of the American Association of Christian Counselors, a lay counselor at Riverlakes Community Church in Bakersfield, California, and the director of Passionate Heart Ministries. She's written two other books used in this ministry. Growing a Passionate Heart is designed to help survivors of childhood sexual abuse and Growing a Courageous Heart is designed to help women struggling with eating disorders. For more information visit our website www.passionateheartministry.com. In Embracing a Feeling Heart, Wendy Mahill gives feelings a voice. In this epic journey of healing through feeling, Wendy pours out her personal testimony in each chapter helping to bring about greater relevance, awareness, and understanding. I whole heartedly recommend Wendy's book. Through this curriculum and the power of Christ, healing steps can be taken from denying a wounded heart to Embracing a Feeling Heart. Tim Hardy, MFT Pastor of Care Ministries Laurelglenn Bible Church

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