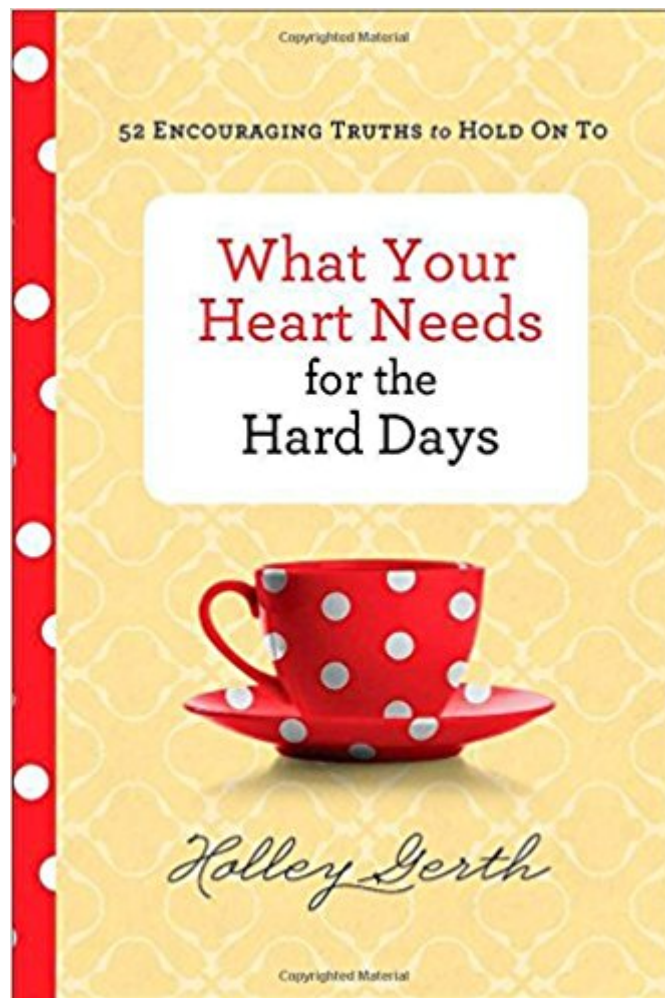




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# What Your Heart Needs For The Hard Days: 52 Encouraging Truths To Hold On To



## Synopsis

We all have hard days--the kind that make us want to give up, retreat inside ourselves, and drown our sorrows in a pint of ice cream. And while we may crave all sorts of things to ease the pain we feel, what our hearts *really* need is to be filled up with truth. We need to be confident in God's character and his promises. We need to remember *we're loved no matter what*. We need to know *we're going to be okay*. In this uplifting book, Wall Street Journal bestselling author, licensed counselor and certified life coach Holley Gerth shares the strength, peace, and hope that come from knowing who God is, how much he cares for *us* and why we can trust he'll get us through whatever we may face. Each of the 52 devotions based on the Psalms will help weary women remember that God is faithful, we're all in this together and there's a good plan for our lives.

## Book Information

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## Customer Reviews

This devotional book is the perfect companion to Holley's book *You're Going to Be Okay*.

Holley Gerth wishes she could have coffee with you. She's the Wall Street Journal bestselling author of *You're Already Amazing* as well as several other books. She's also a licensed counselor, certified life coach and speaker who provides encouragement as well as practical insights for the thousands of people she connects with each year. Holley cofounded (in)courage.me, an online destination for women that received almost one million page views in its first six months. And her personal site, holleygerth.com, serves over 25,000 subscribers. Outside the word world, Holley is

the wife of Mark and together they're parents to Lovelle--a daughter they adopted when she was 21 years old because God is full of surprises.

I purchased this book shortly after my husband passed away and used it daily for my devotions. I can't tell you how many times the daily messages seemed to address my circumstances each day. The author gives the reader so much comfort and encouragement to trust God during the hard times, believing that He is with you. I purchased a copy for a friend who was going through a hard time and she loved it too. No matter what you're going through this book is one you'll keep and read often. I read through it twice and still pick it up when I'm facing a hard day. Great book!

Great devotional. Really helps give you hope and strength for those hard days when you feel all hope and strength are gone. Holly has a way with words that touches the heart deeply. Reading her blog or books is like sitting with a great, wise, caring friend who gives great advice. I highly recommend this for anyone going through a rough time. I picked up this book after troubling health problems and a hospital stay. It was a dark time in my life and while not much could get me out of the funk I was in, this book managed to get me through some very scary and stressful times.

Is your heart broken, burdened, or self-condemning? Are you trudging along on a pathway of darkness, desolation, and despair? Then Holley Gerth's new book *What Your Heart Needs for the Hard Days: 52 Encouraging Truths to Hold On To* is written especially for you. In 52 truths using verses from the Psalms, hope spreads a soothing balm in our weary hearts as Holley invites us to lean into the faithful love of Jesus and embrace His love and compassion. These devotions can either be read daily or weekly or just when our heart needs a gentle reminder that we are loved, we still matter, and we are enough just as we are. God cares so much, He is still in control of our lives no matter what is happening, and His grace is sufficient to get us through anything. The table of contents reveals the title of each devotion, so we can even select one that is fitting to our needs at the moment. Some examples are:- God Wants to Lift You Up When Life Lets You Down- God Will Give You Courage, Not Condemnation- God Will Never Reject You- God is Bigger Than Your Problems- God Is Not Tired of You After each tasty morsel of truth, *What My Heart Is Saying to You* encourages reflection and prayer time. Holley begins a prayer for readers to continue on three lines. For example, at the end of "God Notices When You Cry," she writes: "Lord, it means a lot to me that you treasure all of who I am, even my

tears. Help me to express my heart to you in the sad and happy moments of my life, as well as everything in between. One thing that has made me cry lately is *What Your Heart Needs for the Hard Days*. The conclusion of each devotion is *What My Heart Is Hearing from You* with three lines for you to sum up what you feel God is saying to you in the Psalms suggested. Your heart will be inspired, uplifted, and strengthened when you read this book. Holley has a heart for hurting souls, and each of her books nurture hope, healing, and freedom in Jesus. "The book of Psalms is like a table covered with God's goodness. It's a place I'm often drawn to when I'm feeling down. And it's where we're going to sit together in these pages. So pull up a chair if you're feeling tired, if you're discouraged, or if you just feel a little empty inside." ~ Holley Gerth

This is a wonderful book to give to friends that are going through hard times - add a teacup and tea...perfect gift! The book is full of wisdom and insight and will encourage a person to not give up - keep moving forward - God is with you.

Just the book for the hard days that we all have. We as women always want to make things better even though circumstances are beyond our control. Holley Gerth's testimonies about her hard days help me to handle mine. I can always count on her to lift my spirits and that helps me to have the patience and faith to get through my own.

This book touched my heart. What your heart needs for the hard days was well written. The author's personal stories of hardship helped me relate to my own hardships and how to stay strong.

Very satisfied

Everyone has hard days, but sometimes tough things happen, one after the other, and real discouragement sets in. On page after page, this uplifting devotional offers insight and encouragement from Psalms. It is a nourishing gift for a friend, neighbor, or woman in a church ministry.

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