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| 1. Record Nr.           | UNINA9910136232903321                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Autore                  | Smith Judah                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Titolo                  | How's your soul? : Why everything that matters starts with the inside you. // Judah Smith                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Pubbl/distr/stampa      | 2016                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| ISBN                    | 0-7180-9031-4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Edizione                | [Unabridged.]                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Descrizione fisica      | 1 online resource (5 audio files) : digital                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Classificazione         | REL006700REL012040REL012070                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Altri autori (Persone)  | SmithJudah                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Soggetti                | Nonfiction<br>Christian Nonfiction<br>Religion & Spirituality<br>Self-Improvement                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Lingua di pubblicazione | Inglese                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Formato                 | Audiolibro                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Livello bibliografico   | Monografia                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Sommario/riassunto      | Judah Smith, New York Times bestselling author of <i>Jesus Is ____</i> , helps readers understand what steals their peace of mind and outlines the path to peace and fulfillment: understanding and implementing the healthy soul environment God originally designed. Modern everyday life is stressful and confusing, full of overly packed schedules and circumstances outside one's control. This can be especially troubling for Christians who are wrestling with reality while trying to put their trust in God. But the truth is, anxiety does not have to be the constant from day to day. In fact, all the things people most desire in life—peace of mind, hope for tomorrow—are rooted in one simple thing: how they care for the health of their souls. In <i>How's Your Soul?</i> , Judah Smith explores the various facets and needs of the inner person, demonstrating that the path to cultivating healthy souls starts with discovering God's original design. He helps readers find real peace and security by bringing their feelings into alignment with God's truth, discover a healthy sense of identity from God and feel empowered to face the future with a new security and confidence, and learn the four elements necessary for a healthy soul environment. Sharing his own often humorous mistakes and foibles, Judah offers a helping hand as |

readers find their way through the emotional rollercoasters of life to discover the soul-healing essentials rooted in what he calls the soul's only true home—God himself.

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