



The Silent Seduction of Self-Talk: Conforming Deadly Thought Patterns to the Word of God

By Shelly Beach

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We speak to ourselves at a rate of 1,300 words per minute, making constant assessments and judgments often filtered through sinful and selfish agendas. Women acknowledge that they are particularly vulnerable to this temptation and dangers of self-talk as they compare and judge themselves against others.

The Silent Seduction of Self-Talk provides a readable narrative and practical tools that help readers surface the inner conflicts that churn below the waterline of their awareness. These dialogues can make them blind to the Scriptural truth that the vision they hold of themselves and the reality of their walk in Christ are often polar opposites. Shelley explores real-life examples and includes tools to assist in the spiritual disciplines of self-assessment, repentance, commitment, and transformation.

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- Sales Rank: #632892 in Books
- Brand: Moody Publishing
- Published on: 2009-06-01
- Released on: 2009-06-01
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .56" w x 5.50" l, .50 pounds
- Binding: Paperback
- 208 pages

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Editorial Review

About the Author

SHELLY BEACH has invested her life in the field of communication as an educator, administrator, writer, and writing consultant for the past thirty years. Her writing has been published in both the secular and religious markets in a wide variety of genres including poetry, short stories, feature articles, and interviews. Shelly speaks at writers' conference, seminars, retreats, schools, and women's conferences through the Midwest. In the editorial field, Shelly has also served as managing editor of specialty Bibles for Zondervan and was a contributing feature writer for the Stewardship Bible (Crossway Books). Shelly is a graduate of Oakland University and Grand Rapids Theological Seminary. She and her husband Dan reside in Rockford, Michigan, where they attend Blythefield Hills Church. They have two adult children who reside in Iowa and Washington State.

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