

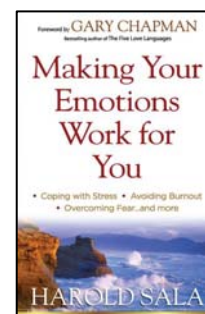
FOR IMMEDIATE RELEASE:

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Make the Most of Your Emotions Turn Around Stress, Fear, Burnout and More

Los Angeles, CA – Worry, fear, boredom, anger, unforgiveness and burnout – are all unhealthy emotions that have been linked to life threatening health ailments including cancer, heart problems and mental illness. **Dr. Harold J. Sala**, whose encouraging radio commentary is heard around the world, believes these emotions can be the motivator to a better life.

“The greatest battles are fought in human hearts, but these struggles can also serve as catalysts to bring out the best in people,” says Sala in his new release ***Making Your Emotions Work for You*** (Harvest House). “Emotions are not designed to control our lives, but to draw attention to areas in life that need our attention life, like fear – it can allow us to consider consequences for wrongdoing and cause us to safeguard our health or family,” says Sala.



In ***Making Your Emotions Work for You***, Sala tackles common issues like frustration, lack of self-confidence, feelings of inadequacy and the inability to cope with circumstances. Sala examines numerous emotional issues, including:

- Winning the Inner Struggles with Anxiety, Stress and Worry
- The Difference Between Male and Female Emotions
- Conquering Boredom-When Your Emotions Flat-Line
- Anger: When is it a Friend or Foe?

“Harold Sala gives a clear, biblical understanding of emotions and how we are to respond to them.” Gary Chapman, author of *The Five Love Languages*.

Sala believes that we are emotional because we are made in the image of God and that when emotions are denied their proper place in life, like a river that has been dammed and cannot find an outlet, they will erupt causing emotional, physical and spiritual damage.

Sala reminds that emotions are directly tied to self-image and America is in need of a major overhaul as noted in the \$20 billion spent each year on cosmetics, \$300 million on plastic surgery and \$33 billion on diet products. “When you minimize your importance you depreciate your value and worth, you will struggle with a negative self-image, feelings of guilt, and diminish your full potential,” reminds Sala.

For Sala, every choice we make in response to challenges is what really counts in all areas of life—from relationships, parenting, marriage and spirituality, to our work lives. “When an individual has a proper understanding of his importance in God's sight, they have strength in the storm, an inner radiance, and a different value system.” Sala concludes each chapter with short scenarios and discussion questions, helping readers turn their emotions into powerful tools for good.

Dr. Harold J. Sala is the voice of *Guidelines—A Five Minute Commentary on Living*, heard in 49 of the 50 states and more than 100 countries. He’s an internationally known speaker, author of more than 40 books and founder and president of Guidelines International since 1963. His official website is www.guidelines.org.

Making Your Emotions Work for You by Harold J. Sala. Published by Harvest House Publishers. July 1, 2009. ISBN: 978-0-7369-2573-0. Soft cover, \$12.99, 224 pages.

Suggested Interview Questions

For Harold Sala, author of *Making Your Emotions Work for You*

1. Is there a difference between emotions and feelings?
2. Self-image is a major problem in a society that places a high importance on physical appearance. How can people boost their self-confidence?
3. Without emotion, you write that music, art, poetry and literature would have little meaning. What can we learn from artists about the power of emotions?
4. Was Jesus emotional? What examples of emotions did he experience?
5. We all have three elements in our makeup—the emotional, physical and spiritual. How do our emotions positively and negatively affect our physical body and health?
6. What is the biblical procedure for dealing with negative emotions?
7. You write about Viktor Frankl, a Holocaust survivor, on the impact of positive emotional response to situations. How does his story apply to us?
8. How do we make friends, rather than enemies, of our emotions?
9. Men and women express emotions differently. How can we best understand these differences?
10. Many people struggle with memories that haunt them or rob them of peace. What is our response to these types of emotions?
11. Anger is a common emotion. Is it a friend or a foe? When should we get angry?
12. Especially in uncertain times, worry is a dangerous emotion. What steps can people take to overcome worry?
13. Fear keeps us from both good and bad. How can we overcome fear?
14. You write that boredom is a “flatline of emotion.” How can we move past this?

For an interview with Harold Sala, contact Brynn Thomas at Pure Publicity at 541.953.6994 or Purepublicity09@aol.com.

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Overview on Dealing with Your Emotions

For Harold Sala, author of *Making Your Emotions Work for You*

Learning to Cope with Anger: Pages 115-121

Guideline 1: Avoid stressful situations to the extent that you can.

Guideline 2: Put the circumstances in perspective.

Guideline 3: Learn to contain your anger if it threatens your welfare or that of others.

Guideline 4: Vent your emotions so anger doesn't breed in your heart.

Guideline 5: Eliminate stressful situations.

Making Anger Work for You: Pages 121-124

Guideline 1: Be angry with the right person.

Guideline 2: Be angry for the right cause.

Guideline 3: Be angry for the right duration of time.

Guideline 4: Be angry in the right way.

Guidelines for Unforgiveness: Pages 90-104

Guideline 1: You need to understand the nature of forgiveness.

Guideline 2: Be sure you have sought God's forgiveness in your own life.

Guideline 3: Extend forgiveness to the One who has hurt you.

Guideline 4: You must forgive yourself.

Guideline 5: Give The Bitterness of That Memory to God.

Guideline 6: Refuse to Let Your Mind Dwell on the Memory That Burns.

Guideline 7: Replace the Memory That Burns with the Word of God.

Guideline 9: Begin Thanking God for Bringing Restoration and Healing to Your Life.

Overcoming Worry: Pages 138-143

Guideline 1: Acknowledge that worry has become a problem.

Guideline 2: Ask God in simple faith to deal with your problem.

Guideline 3: Act in obedience to the Word of God in this matter.

Guideline 4: Commit to Him what He alone can do.

Guideline 5: Refuse to worry, and worry, and keep on worrying.

Guideline 6: Refocus on the Father and let His peace fill your heart.

Winning the Battle Over Fear: Pages 156-167

Guideline 1: Admit your fear.

Guideline 2: Assess the strength of what you fear.

Guideline 3: Act upon your fear.

Guideline 4: Commit to the Lord what you cannot change or understand.

Guideline 5: Rest in the promises of God's Word.

Guideline 6: Remember the source of your fear.

Guideline 7: Remember, nothing is forever.

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Dealing with Boredom: Pages 177-189

Guideline 1: Start with your very personal self.

Guideline 2: Rediscover your passion in your marriage.

Guideline 3: Overcome boredom by discovering God's purpose and will for your life.

Guideline 4: Displace boredom by realistically setting some goals for your life and home.

Guideline 5: Overcome boredom by injecting enthusiasm into your work.

Guideline 6: Break out of the morass of mediocrity.

Guideline 7: Make a difference in our world.

Guideline 8: Search out the needs of others and give some of your time and talent to help someone less fortunate than you.

Guideline 9: Develop a passion to know God.

Fighting Stress: Pages 205-211

Guideline 1: Get God's Perspective.

Guideline 2: Let your relationship with God be an anchor that holds you steady in the time of storm.

Guideline 3: Stop bearing your load and God's as well.

Guideline 4: Apply scriptural principles to the situation creating your stress.

Guideline 5: Decide what your physical and emotional load limits are.

Guideline 6: Budget stress by managing your time.

Guideline 7: Be filled with the Spirit of God.

The Four Phases of Burnout: Pages 219-225

Phase 1: Challenge: Goal oriented, high expectations, idealistic, determined and an achiever.

Phase 2: Commitment: Life still adventurous, thrill of the kill, building, productive, achieving.

Phase 3: Containment: Workaholic, driven, feeling underappreciated, sensitive, combative, physical, mental and emotional exhaustion.

Phase 4: Collapse: overwhelmed, shame, doubt, broken relationships, alienation from family and friends and strained spiritual fellowship with God.

A Guide to Renewing Your Relationships: Pages 226-23

Guideline 1: Get your perspective right.

Guideline 2: Mend your fences.

Guideline 3: Take time off.

Guideline 4: Start taking care of yourself physically.

Guideline 5: Learn to say, "No!"

Guideline 6: Delegate responsibility.

Guideline 7: Learn the secret of spiritual renewal.

Guideline 9: Learn to live for the moment and make today count.

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