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He is the author of two best-selling books: The Emotionally Healthy Church and Emotionally Healthy Spirituality. He is also the author of The EHS Course and Emotionally Healthy Spirituality Day by Day.

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models for us what we call Emotionally Healthy Spirituality. He is emotionally healthy â€œ that is very aware of what is going on inside him. We see him in the psalms outraged, suicidal, depressed, overjoyed, dancing. We observe him engaging the whole gamut of emotions. He is broken and vulnerable before God and others.

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