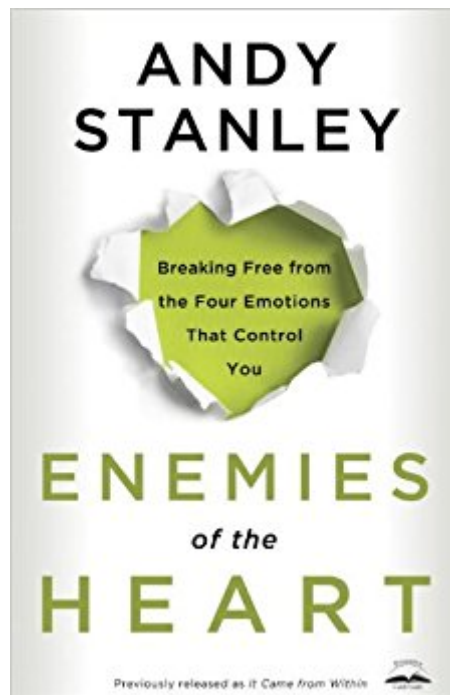




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# Enemies Of The Heart: Breaking Free From The Four Emotions That Control You



## Synopsis

Break free from the destructive power of guilt, anger, greed, and jealousy. ã ã Divorce. Job loss. Estrangement from family members. Broken friendships. ã ã The difficult circumstances you are dealing with today are likely being fed by one of four emotional forces that compels you to act in undesirable ways, sometimes even against your will. ã ã Andy Stanley explores each of these destructive forces ã ã •guilt, anger, greed, and jealousy ã ã •and how they infiltrate your life and damage your relationships. He says that, left unchallenged they have the power to destroy your home, your career, and your friendships. ã ã In *Enemies of the Heart*, Andy offers practical, biblical direction to help you fight back, to take charge of those feelings that mysteriously control you, and to restore your broken relationships. ã ã Includes a six-week discussion guide ã ã •a valuable resource for small groups! Previously released as *It Came from Within*

## Book Information

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## Customer Reviews

Praise for *Enemies of the Heart* ã ã “Andy Stanley touches the right nerve at the right time. We all have an understandable tendency to focus on the problems others need to address in their lives. But Andy encourages us to put ourselves on the hook and not let go until we ã ã •ve made any necessary changes. This book shined a spotlight on some of those areas I need to work on, and I know it will do the same for you. ã ã •Shaunti Feldhahn, best-selling author of *For Women Only* ã ã “Andy Stanley is a master teacher for a generation that loves to be taught. Here is yet more proof of Andy ã ã •s ability to take us deep in a way that makes us want to go there. This is a great book. ã ã •Dave Ramsey, New York Times best-selling author and

nationally syndicated radio host. “Read this book with caution! You will probably uncover some mean and ugly stuff in the depths of your own heart. I sure did. The good news is that Andy Stanley doesn’t leave you there to struggle; instead, he offers wise, biblical remedies that every Christian should make part of their own spiritual habits. This is great stuff that I enjoyed teaching at our church.”

• Doug Fields, former associate pastor, Saddleback Church

Andy Stanley is a communicator, author, and pastor. ANDY STANLEY founded Atlanta-based North Point Ministries in 1995. Today, NPM is comprised of six churches in the Atlanta area and a network of 30 churches around the globe collectively serving nearly 70,000 people weekly. As host of *Your Move with Andy Stanley*, with over five million messages consumed each month through television and podcasts, and author of more than 20 books, including *The New Rules for Love, Sex & Dating*, *Ask It*, *How to Be Rich*, *Deep & Wide*, *Visioneering*, and *Next Generation Leader*, he is considered one of the most-influential pastors in America. Andy and his wife, Sandra, have three grown children and live near Atlanta.

From the Hardcover edition.

This book was so eye opening and truly life changing for me. When a friend of mine gave it to me I wasn’t even aware that I needed it. As I read it I realized that this book did apply to me in areas I wasn’t even aware of. However once I was aware, the book and its stories helped me to sort out the maladies of my heart and know how to keep them at bay going forward. Well written with great examples of how the Scriptures referred to in the book relate to current day life. This book is one that teaches without being "Preachy" and teaches lessons that can only make one's life more peaceful, happy, and lighter.

Andy Stanley writes with the authority and compassion of a pastor who has seen firsthand the ravages of guilt, anger, greed, and jealousy on the human heart and, consequently, on relationships. This book presents lessons on heart maintenance with clear language and examples that teach us gently but without apology the necessity of protecting our hearts from these four enemies. I especially appreciated his brilliant framing of these four enemies in a debt-to-debtor relationship: Guilt says I owe you; Anger says you owe me; Greed says I owe me; and Jealousy says God owes me. This simple framing gives the reader a practical handle on slippery problems that often confuse and defeat us in our relationships. Stanley goes on to suggest remedies for each type of assault and the rewards of peace and generosity that are possible when our hearts are healthy. I recommend this book especially for Christians but also for

anyone who struggles to find relief from these maladies common to every human heart and relationship.

I very highly recommend this book to all who are seeking to have a pure heart! Andy Stanley has a wonderful gift for expressing things the readers need to hear in a winsome, effective way! In the month following reading the book myself, I have already gifted additional copies to 2 friends. I myself will read this book many times over.

This book really gets to the heart of the matter, no pun intended! I am currently doing the Beth Moore "Breaking Free" Bible Study, as well as a co-dependency workbook. This book basically teaches the same things, but in a much simpler way. I'm not saying it's better, but for those who don't have the time or inclination to do deeper studies, this book really gives you simple tools for resolving the 4 basic issues of the heart that cause us to be in bondage rather than freedom. Andy Stanley gets down to the basics, applying Biblical principles that really help, and presents them in a clear, concise, and uncomplicated way. And unlike so many "self-help" books, this one doesn't make you read half the book before giving you solutions. Excellent book.

This book helped me get through a rough time in my life, and it helped me to let go of things I had been holding onto for far too long. I highly recommend this book! I tell all of my friends about it as well. Life changing book!

This reaches right to the heart of the matter (pun intentional). There are no marriage problems, people with problems get married. This helped me identify that it was easily resolvable issues within me that had been causing the 6 years of difficulty in my marriage. By the mid point of the book, my life was changed.

I really liked how Andy described the four areas that control our emotions and make our heart sick, along with the habits that need to be built to overcome those areas. It's convicting and yet Andy provides practical steps on how to guard your heart in order to be able to love others. I recommend this book to everyone as you'll find you struggle with or more of the enemies of the heart. The book is a quick read and yet will leave you with insights that, if applied, will change your life and relationships with those around you!

Always an insight with Andy. One of the best Christian writers of our time along with his Dad, Charles Stanley. I use to attend their respective churches and I miss seeing them in person...

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