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The Emotionally Healthy Church, Updated and Expanded Edition: A Strategy for Discipleship That Actually Changes Lives

Peter Scazzero, Warren Bird

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"In this new edition of his Gold Medallion Award-winning book, Peter Scazzero shares powerful insights on how contemplative spirituality can help pastors and individual church member slow down—an integral key to spiritual and emotional health . Sharing from the painful but liberating journey of his own church, Scazzero reveals exactly how the truth can and does make people free—not just superficially, but deep down. This expanded edition of The Emotionally Healthy Church not only takes the six principles described in the original book further and deeper, but adds a crucial seventh principle. • Principle 1: Look Beneath the Surface • Principle 2: Break the Power of the Past • Principle 3: Live in Brokenness and Vulnerability • Principle 4: Receive the Gift of Limits • Principle 5: Embrace Grieving and Loss • Principle 6: Make Incarnation Your Model for Loving Well • Principle 7: Slow Down to Lead with Integrity "

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