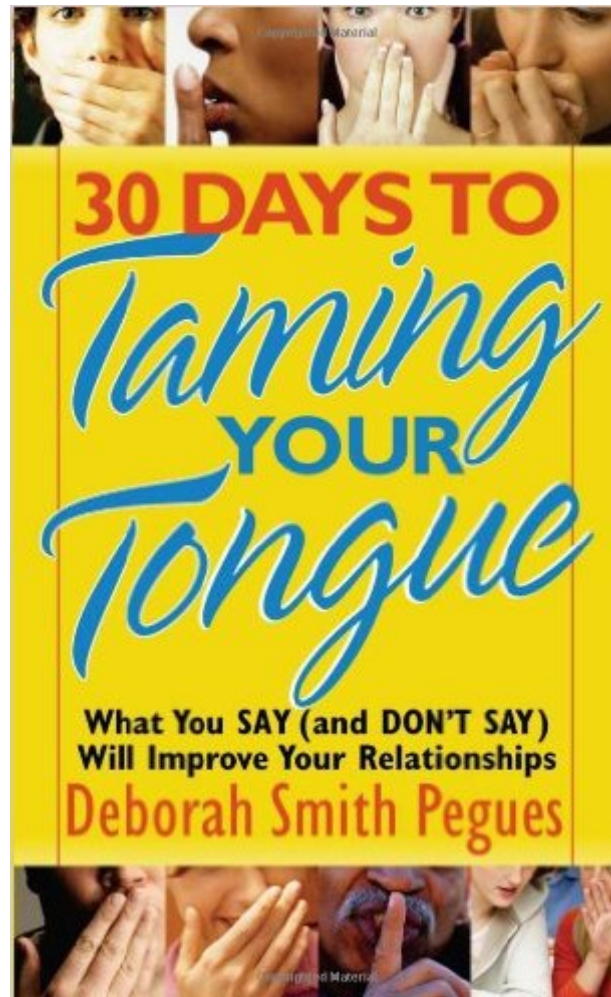


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# 30 Days To Taming Your Tongue: What You Say (and Don't Say) Will Improve Your Relationships



## Synopsis

Certified behavioral consultant Deborah Pegues knows how easily a slip of the tongue can cause problems in personal and business relationships. This is why she wrote the popular *30 Days to Taming Your Tongue* (500,000 copies sold). Now in trade size, Pegues's 30-day devotional will help each reader not only tame their tongue but make it productive rather than destructive. With humor and a bit of refreshing sass, Deborah devotes chapters to learning how to overcome the Retaliating Tongue, Know-It-All Tongue, Belittling Tongue, Hasty Tongue, Gossiping Tongue, and 25 More! Short stories, anecdotes, soul-searching questions, and scripturally based personal affirmations combine to make each applicable and life changing. Rerelease in trade edition

## Book Information

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## Customer Reviews

Years ago this book made a huge impact on me. I don't have a religious background and the concept of taming my tongue was foreign. I had a Christian coworker that shared ideas on book reads and he suggested this one. Thankfully I bought it. Before reading it I thought I was good at monitoring what I said. I had many misunderstandings as to what that actually meant. Deborah Pegues outlines 30 ways that we can hurt others and ourselves by not choosing what we say carefully. When I finished reading this I realized that I'd been practicing up to 15 of the 30 tongue violations. Since then I've tried to follow the suggestions made and have witnessed an improvement in my relationships. Recently I have had several coworkers comment that they consider me trustworthy. Also, two weeks ago my boss thanked me for not causing problems at work unlike many others I am around. I believe I am now a better person and friend and attribute most of my

improvement to this book. I would recommend it to anyone who wants a clear definition of what EXACTLY taming the tongue is and how to apply that knowledge to their daily lives.

This book is a great read. Quick and easy with relevant issues on the ways remarks and conversations can be improved in our daily lives with a Christ-like focus and effort. It's a pretty awakening text with a checklist and appendix in the back to help you in the behaviour changes.

Though this book is based on Christian principles, I believe even non-religious people will find it helpful and relevant. After all, this book isn't a Bible-thumping denunciation of everything non-Christian. Nor is it steeped in stereotypical "holier-than-thou" Christian morality. Rather, it's about self-awareness and consideration for others. It's about how cutting out negative speech has the potential of enhancing your life and the lives of those around you. I think those things never hurt anyone, regardless of religious affiliation. Thus, I highly recommend this book to anyone who has ever been the giver or receiver of hurtful comments and is looking for practical solutions to this age-old problem - taming the tongue.

I have struggled with taming my tongue, for years. This book was a great find! I read a chapter every night before bed, and focus on that chapter the next day. Each chapter builds off the previous ones in a very helpful way.

Kudos to Deborah Smith Pegues! How about us killing gossip, sarcasm, put-downs, denigrating self-talk and a host of other stupid things that come out of our mouth? It's a good thing it's day by day for 30 days - or the average individual would lose hope. She nails it!

This workbook gives you a lot to think about. Deborah Smith Pegues does not repeat a lot of platitudes about how you talk, but instead gives transparent, practical insights on the impact that our words has on others and ourselves. A great read/reminder and the questions really make you think about your motivations and intents.

So far this book is good but I did have an issue with the whole 'complimenting people being deceitful'. I just don't agree with that. Yes there are people who compliment others because they want something and that is wrong, however, the bible does say we are to lift each other up. Not all complimenting is bad. I compliment my son for doing a good job with his alphabet. If my friend is

dressed nice for her interview I will compliment her. I don't think all complimenting is bad. Maybe the author was a bit vague in this area. Other than that the book is a good read so far.

This book takes the reader to a much deeper level of taming the tongue than I imagined when I first bought it. It is supported by scripture, which gives it great relevance in my opinion! I recommend this book for everyone!

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