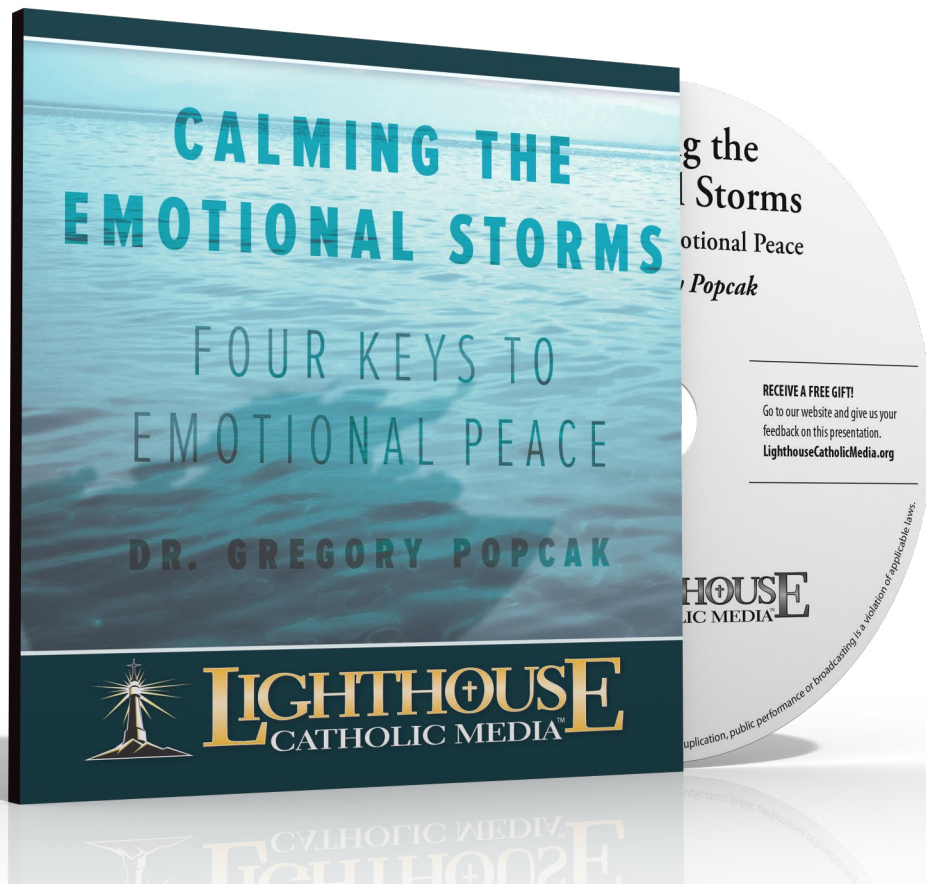


Powerful New Release

CALMING THE EMOTIONAL STORMS

Four Keys to Emotional Peace

DR. GREGORY POPCAK



In this practical but spiritual presentation, Dr. Gregory Popcak discusses four keys to develop self-awareness and self-mastery. He explains that emotions are a gift from God and how through them we can grow in virtue. Learn how to master your feelings and calm your emotional storms so that you can experience the peace of Christ.

"Dr. Popcak's suggestions for calming the emotional storms that arise in life were very insightful. I learned a very loving approach to healing relationships." ~Mary, Reston VA

"Learning how to achieve emotional peace is an important topic, and I believe this message will bless many lives!" ~Ross, Sacramento CA

"I never knew emotions were a gift that I can use to glorify God and grow closer to Him." ~Liz, Normal IL



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