



## 30 Days to Taming Your Tongue Workbook

By Deborah Smith Pegues

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Now that more than 850,000 copies of *30 Days to Taming Your Tongue* have been sold, thousands of readers with tongue trouble can testify that Deborah Pegues' approach works in real, everyday life.

As a companion to the bestselling book, this interactive 30-day guide will help readers put into practice what they're learning. Features include...

- questions that will help readers think through how the book's advice can apply to their circumstances
- ideas and plans to overcome negative speech patterns
- words from Scripture to reinforce the changes readers are making

The key to overcoming foot-in-mouth disease, indicates the author, is letting God's way of thinking sink into your brain and then be reflected in your speech. This practical, hands-on guide will show readers how to do this.

Excellent for personal or group study.

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### Editorial Review

About the Author

**Deborah Smith Pegues** is a certified behavioral consultant, Bible teacher, and international speaker. She has written 16 transformational books, including the bestselling *30 Days to Taming Your Tongue* (over one million sold worldwide) and *Emergency Prayers*. She and her husband, Darnell, have been married nearly 40 years.

### Users Review

**From reader reviews:**

**Gary Flint:**

The guide with title 30 Days to Taming Your Tongue Workbook possesses a lot of information that you can discover it. You can get a lot of help after read this book. This particular book exist new know-how the information that exist in this book represented the condition of the world today. That is important to yo7u to know how the improvement of the world. This book will bring you inside new era of the globalization. You can read the e-book on your own smart phone, so you can read that anywhere you want.

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**Theresa Walker:**

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