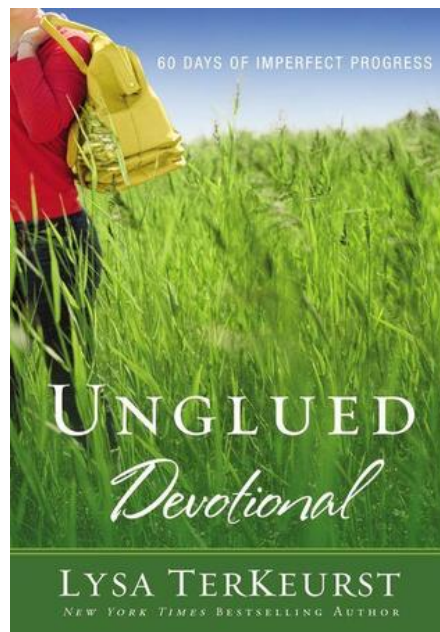




Unglued Devotional: 60 Days of Imperfect Progress

Lysa TerKeurst

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This companion devotional to the bestselling book Unglued provides encouragement to help readers handle emotional struggles. Including a daily opening Scripture, Thought for the Day, devotion, and closing prayer, this book helps readers begin a 60-day journey in learning to positively process raw emotions, such as fear, anger, and regret.

Unglued Devotional: 60 Days of Imperfect Progress Details

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From Reader Review Unglued Devotional: 60 Days of Imperfect Progress for online ebook

Kathleen E. says

Wednesday, January 23, 2013

Unglued Devotional: 60 Days of Imperfect Progress by Lysa TerKeurst, ©2012

Lysa TerKeurst admits that she, like most women, has experiences where others bump into her happy and she comes emotionally unglued. We stuff, we explode, or react somewhere in between.

What do we do with these raw emotions? Is it really possible to make emotions work for us instead of against us? Yes, and in her usual inspiring and practical way, Lysa will show you how.

Filled with personal examples and Biblical teaching, Unglued will equip you to:

- * Know with confidence how to resolve conflict in your important relationships.
- * Find peace in your most difficult relationships as you learn to be honest but kind when offended.
- * Identify what type of reactor you are and how to significantly improve your communication.
- * Respond with no regrets by managing your tendencies to stuff, explode or react somewhere in between.
- * Gain a deep sense of calm by responding.

Day 41

The Underbelly

"This will result in your being witnesses to them.
But make up your mind not to worry beforehand
how you will defend yourselves. For I will give you
words and wisdom that none of your adversaries
will be able to resist or contradict."
(LUKE 21:13-15)

Thought for the Day: "Criticism may not be agreeable, but it is necessary. It fulfills the same function as pain in the human body. It calls attention to an unhealthy state of things."

--WINSTON CHURCHILL

Criticism stinks. That's usually my first thought when someone makes it clear they don't like something I've done or said.

My pride says, "How dare you!"

My heart says, "I want a chance to explain."

My soul says, "Jesus, am I off base?"

My mind says, "Why do I open myself up like this?"

My feelings say, "Ouch."

Sometimes criticism is fair. Maybe I messed up and it would serve me well to reconsider. Other times criticism is nothing but rotten spew. And boy, does it stink. But if I get stuck in the stink, it serves no good purpose.

Might there be another way to look at harsh criticism? To get past the hurt to see if it has an underbelly I should consider?

The other day I Googled the word underbelly and stumbled on an article about the armadillo lizard. This fascinating creature has hard and pointy scales that have "Don't mess with me" written all over them. But,

like all tough creatures, this lizard has a vulnerable place.

The armadillo lizard's tough exterior wraps around its back but softens at the underbelly. When threatened, the lizard grabs its tail and displays a prickly, intimidating posture to keep other creatures away. At this point, the rest of its body serves only one purpose--to hide and protect its most vulnerable part.

So what does a strange desert creature have to do with criticism?

In an effort to protect my underbelly, I sometimes get all wrapped up in myself and tragically forget the underbelly of my critic--the place they are vulnerable and the things they might be hiding and protecting beneath the harsh words and prickly exterior. This is a place they may never let me see. It's the storage place for their hurts and disappointments. It holds the root cause of their skepticism and the anger that probably has very little to do with me. Remember, "the mouth speaks what the heart is full of" (Matthew 12:34). And from the overflow of their underbelly, they spewed.

If I forget the other person's underbelly, I am tempted to start storing up my own hurt, skepticism, anger, and disappointments. If I remember this underbelly, I have a much greater chance to keep it all in perspective. I can let my reaction be a good example to this other person just as Luke 21:13-15 reminds us: "This will result in you being witnesses to them. But make up your mind not to worry beforehand how you will defend yourselves. For I will give you words and wisdom that none of your adversaries will be able to resist or contradict." Yes, I must make up my mind not to worry about defending myself. Then I uncoil. And I see the opportunity to witness.

Dear Lord, thank You for this challenge to think about the other person's underbelly before I react to criticism. I know it's a simple step, but it's so hard to live out. Help me to put this truth into practice and to walk in the wisdom You have already given. In Jesus' name. Amen.

Lysa TerKeurst is a New York Times bestselling author and speaker who helps everyday women live an adventure of faith through following Jesus Christ. As president of Proverbs 31 Ministries, Lysa has led thousands to make their walk with God an invigorating journey. For over 15 years, her message has enabled women to:

Make the Bible come alive whenever you read it.
Discover how to develop inner peace and security in any situation.
Replace doubt, regret, and envy with truth, confidence, and praise.
Stop unhealthy cycles of striving and learn to love who you are.
Sense God responding to your prayers.

Lysa's personal adventure of following God captured national media attention when she and her husband adopted two teenage boys from a war-torn orphanage in Liberia, Africa. They never imagined their decision would start a chain reaction within their community, which inspired other families to adopt over 45 children from the same orphanage! Lysa's amazing story led to appearances on The Oprah Winfrey Show, Good Morning America, The 700 Club, USA Today newspaper, Woman's Day magazine, and Focus on the Family radio.

Today, Lysa and her ministry team at Proverbs 31 encourage 500,000 women through their daily online devotional. In addition, she co-hosts a 1-minute inspirational radio program aired on more than 1,200 stations around the world. Lysa's blog averages over 80,000 avid readers per month. Plus, she touches hearts through their monthly magazine, P31 Woman.

Lysa is the New York Times bestselling author of 16 books, her most recent releases, Made to Crave and Unglued, have remained on the best sellers list for over 40 weeks combined.

*** Thank you to Zondervan's Linked to Lit for providing me a copy of Unglued Devotional: 60 Days of

Imperfect Progress to review. No other compensation was received. ***

Nickida Stephens says

As a mother of three kids – five and under, I find that I am often getting unglued. After the birth of my second child I suffered with postpartum depression for over a year. It was rough and emotional. I wish I had this tool to help me on those days when things just seemed so bleak. Terkeurst created this devotional as a companion to her bestselling book Unglued. It's refreshing that you can find something to help you on those days when your emotions seem to get the best of you. We've all been there before and with this book you can find daily inspiration to help you with those emotions. Although it's set to last 60 days I think you can revisit any day when you find you are in need of the inspiration to get through that day. What I liked about the devotional is that it doesn't bash you for having break downs. Terkeurst shares her imperfect moments and helps you connect to those experiences and at the end of each day is a prayer for progress. I felt like I was in great company because there wasn't criticism, she's raw and vulnerable in sharing her struggles and how she found other women with the same struggles. I'm learning to change my reaction to situations that I don't like and to react differently to my children, husband, family and friends when they are not doing the things I want them to do. I also do if I get unglued again that it's okay and I can start over the process again and continue to take steps towards my goal. I just keep moving.

Disclosure: I was provided this book for review from Booksneeze and Zondervan for review. Any and all opinions expressed are my own and have not been influenced.

Victor Gentile says

Lysa Terkeurst in her new book "Unglued Devotional" published by Zondervan gives us 60 Days of Imperfect Progress.

From the back cover: Imperfect progress in 60 days?

Lysa Terkeurst, like most women, has experiences when others irritate, disappoint, criticize or do other things that bump into her happy. We come emotionally unglued as we stuff, explode or react somewhere in between. Is it really possible to make emotions work for us instead of against us?

In this companion devotional, Lysa builds on the teaching from the bestselling book "Unglued" to encourage more peace and calm in your relationships. During this 60 day journey you will:

Live in the grace of making imperfect progress even on those days when your emotions throw you for a loop. Be a more positive role model to your family and coworkers as you shift from overreacting to speaking life-giving words.

Know with confidence how to resolve conflict in your closest relationships

Including a daily opening Scripture, Thought for the Day, devotion, and closing prayer, this book will help you make progress in how you react to break the cycle of exploding or stuffing your emotions.

Why do we need a new daily devotional? All of us have emotions. Sometimes our emotions overwhelm us and we become "Unglued", we fall apart and these emotions take control. We either explode like an atomic bomb or we stuff that same energy inside us and make ourselves sick. We are imperfect people. Lysa

Terkeurst is an imperfect person and she provides us 60 daily devotions on how to deal with those emotions that cause us to lose it. "Unglued Devotional" is not a time-consuming read. Each devotional starts with scripture, followed by a Thought for the Day, followed by the devotional and then concluding with a prayer. They are only a page or two in length but they are oh so helpful to properly channel our energies in the right direction. If we use these daily devotionals correctly we will all be the better for it.

If you would like to listen to interviews with other authors and professionals please go to www.kingdomhighlights.org where they are available On Demand.

To listen to 24 hours non-stop, commercial free Christian music please visit our internet radio station www.kingdomairwaves.org

Disclosure of Material Connection: I received this book free from Thomas Nelson Publishers through the BookSneeze®.com book review bloggers program. I was not required to write a positive review. The opinions I have expressed are my own. I am disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255 : "Guides Concerning the Use of Endorsements and Testimonials in Advertising."

Jennifer Radtke says

I absolutely love Lysa TerKeurst. I only "met" her last year while doing Made To Crave with MOMS group. She teaches from the heart and speaks plainly. Lysa TerKeurst feels like the kind of lady that I would openly invite to hang with us for some FPT. When I saw that Booksneeze was offering the Unglued Devotional, I jumped at the chance to read it.

60 days of imperfect progress. Each day has a thought provoking title, a Bible verse, a Thought for the Day, and the devotional. It's a "journey in learning to positively process raw emotions, such as fear anger, and regret."

Lysa TerKeurst does such a great job describing Unglued and what that looks and feels like. You can picture a moment that you have come unglued just as she described it or pretty darn close. Or...maybe that's just me. I needed to read this book right now and have it be the devotional and not the whole book. I would read a day in the morning and another at night and sometimes when I was starting to feel unglued, I'd pick it up in the middle of the day. It seemed to be the right verse or story for the moment that I was living in.

I'm sad to be at the end of the book. I almost want to give it a permanent place in my purse. Then I think of all the other unread books out there fighting for that coveted spot. Which means that I may need to get a copy for my Kindle.

I would recommend this book to any mom out there. I would recommend this book to anyone who deals with children of any age. I would even recommend this book to men who deal with unglued women. She does such a great job helping you see what being unglued is and how to get a handle on it.

I love "imperfect progress". It describes perfectly what it's like to work through being unglued to being a better Christian. I don't know that I will ever become a completely glued together person. But I am definitely making imperfect progress. This devotional inspired me to carry a packet of a few of the Bible verses from the book. So that when I start to feel unglued I can pull them out and refocus my energies.

Lynn Davidson says

Lysa TerKeurst is a bestselling author of fifteen books and a national speaker. She is also the president of Proverbs 31 Ministries (www.proverbs31.org), helping women learn to live lives centered on God in the midst of whatever life brings.

This devotional was written for the purpose of being a companion book to her bestselling book Unglued, which I have not read. As someone who knows what it is to become unglued, I thoroughly enjoyed each daily devotional. Lysa TerKeurst writes from a woman's heart to a woman's heart in such an understanding way. In doing so, she draws attention to God while He uses her words to minister to the reader.

Unglued Devotional: 60 Days of Imperfect Progress. If we are honest about it we all can testify to making imperfect progress. Lysa TerKeurst speaks from that place in easy conversational writing. She has put together a wonderful 60-day devotional that I wished could have been longer. It takes less than five minutes to read one day's devotional, which begins with a scripture reading, followed by a Thought for the Day, and then a short reading usually consisting of a very suitable anecdote from her experience. Some are funny, some are painful to read because they are so familiar, all are encouraging and insightful. Each devotion ends in a very brief prayer that is an easy lead-in for the reader to continue on her own.

I like finding good devotionals. This is one of the best I have found. The author does not preach or talk above the reader, or talk down to the reader. She is honest, sincere, and transparent in her writing and addressed common issues in a way that made THIS reader stop and think.

If you are wanting to find a devotional that is real to your own life, easy to read, and suitable for those days when you have maybe five minutes to spare ... try this one. Unglued Devotional: 60 Days of Imperfect Progress by Lysa TerKeurst is likely to stir your heart and encourage you in your walk with God and in your relationships with the people in your life.

Ruth Hill says

I realize that I have spoken about this book and highly recommended it, but with devotionals, I make sure that my first review is more of an overview. But I also like to come back and fully review the book once I have read it all the way through. And this is one certainly deserves great recognition.

I have not read the book that accompanies this devotional, but this devotional has been a life-changing experience in itself. If anything, it has whetted my appetite to wish to do the Bible study "Unglued."

Lysa TerKeurst is a completely down-to-earth writer. She tells it like it is even at the risk of making herself look bad. She is not afraid to speak the truth even when you don't want to hear it. She is real about her walk with the Lord, and even though each devotional is only a page or two long, it will encourage and convict you.

If you are looking for a devotional that can certainly change your life in 60 days, this is it! Trust me, I need to go back and reread this devotional for sure!

Kianna Rose says

This book includes 60 short and thought-provoking devotionals with extremely candid and relatable personal experiences from author Lysa TerKeurst. She allows us a sneak peak into her life, family and ministerial experiences by exposing her heart without holding back. While many of the topics discussed in this book make it clear that Lysa is writing to the hearts of women, I know that men would also be edified by the insight and Biblical truths that this devotional has to offer.

Each devotional is infused with hope along with a short prayer to guide the reader to accept the grace and mercy of God which is always available to us. As I read the allotted devotion for the day, I couldn't help but feel as though Lysa was writing to me. I felt connected to some of her struggles and her triumphs and knowing that she has been able to overcome, gives me encouragement.

I truly enjoyed this book and Lysa's writing style. She presents the reader with God-centered, authentic devotions and at the same time, addresses real-life challenges that we all face. Her honesty made this devotional relatable and the size of each devotion was perfect for busy moms.

Lysa reminds us that life isn't perfect but in Him we can find the joy of the Lord that will give us strength in life's most hectic moments.

I'd recommend this devotional to everyone, young or old, who could use some encouragement and inspiration in their walk with God. You'll be encouraged and inspired to become unglued.

Danielle says

I was provided a complimentary copy of this book by Book Sneeze in exchange for an honest review.

Lysa TerKeurst's Unglued Devotional is an empowering companion to her book, Unglued: Making Wise Choices in the Midst of Raw Emotions. I did not read the main book, but I find the devotional excellent as a stand alone, perhaps even more so as I hear it is repetitive when both are read together.

Unglued Devotional is a compilation of 60 days worth of devotionals that are supposed to help the reader function alongside their emotions, even when those emotions have them coming, well, unglued. I found that TerKeurst successfully executed the 3 major components to a great devotional for busy women:

Devotional structure: start with a Bible verse, end with a prayer. As a Bible-based believer, I don't consider something a devotional if it's missing Scripture and I find closure when the author gives a great prayer to help me through the rest of my day. TerKeurst delivers both. While some of the Bible verses she uses are common, she almost always helped shed new light on them.

Quality over Quantity: Most of the devotionals in this book are succinct and won't take more than 5 minutes to read. Sometimes a reader wants a lengthy, in-depth devotional, but I think TerKeurst is appealing to an audience of busy women with short daily passages. I enjoyed that while each devotional was short, every one delivered a powerful message and caused me to think.

Honesty: TerKeurst is honest and open with her own struggles which make her extremely relatable and I made a stronger connection with her through her stories than I have in the past with devotionals. Through the course of reading this devotional I really got to know the author because the book is personal. Exploring

TerKeurst's personal struggles really helped me shed light on my own.

While her subject matter, warmth and honesty about emotions make it clear she is catering to women, the content of this devotional offers Biblical truths that can be appreciated by men as well. The only complaint I might have is that it might have been nice and interactive to have a writing prompt at the end of each day. Each devotional made me want to dialogue about my experiences and an opportunity to do so would have been great. I found that there is an Unglued Participant's Guide so maybe that is more of a workbook. This would make a great book for a small group!

I was drawn to Lysa TerKeurst's devotional because I have heard so many great things about her on Christian radio and was especially inspired by listening to her talk about her Made To Crave books. I never got around to reading Made to Crave, but I'm sure I'll make the time after reading Unglued Devotional.

Bottom Line: I highly recommend for all women, especially if you're as emotional as I am! If you don't think you have enough time for this then you need to find it because it will only take 5 minutes of your day! Great messages! 5/5 Stars

<http://book-barn.blogspot.com>

Create With Joy says

I love reading a good devotional – but over the years, I've discovered that finding a devotional that ministers to one's spiritual needs can be a daunting task.

Some devotionals are too lightweight; others are too intellectual. Some are overly sentimental; others are too dry. Some focus on matters that seem rather trite; others are written about topics that just don't speak to the heart.

So, it's a pleasure to discover a devotional that is God-centered, authentic, and addresses real-life challenges!

If you are in a place where raw emotions regularly blindside you – if you are struggling with painful emotions such as anger, bitterness and fear – if you are experiencing conflict in relationships – than Lysa TerKeurst's Unglued Devotional – 60 Days Of Imperfect Progress is written just for you!

The Unglued Devotional contains 60 devotionals, drawn from personal experiences, about issues that women can truly relate to. Each devotional also contains an opening Scripture, a thought for the day, and a closing prayer.

One of the things I love about this book is that the author writes from her heart. Lysa isn't afraid to be transparent, to share her struggles or ask hard questions, as evidenced by these topics:

- God, I'm A Little Mad And A Lot Confused
- Feeling Guilty?
- I'm Really Afraid
- Where Is God?
- The Friendship Challenge

In her opening devotional, Time For A New Script, Lysa writes:

Feeling unglued is really all I've ever known.
And I'm starting to wonder if maybe it's all I'll ever be.

Have you ever had a day – or lived through a season – where you've felt like that?

Yet even in the midst of struggle, Lysa never loses sight of God's grace. In her moments of greatest need, Lysa acknowledges her need for a Savior – seeks her answers in Scripture – and cries out to God in prayer.

What a model to follow!

Lysa says:

If you relate to my hurt, I pray you will also relate to my hope.
While unglued is all I've really known,
I believe that with God's help, today my life can be different.
That's my personal revelation of hope.

The Unglued Devotional is a companion guide to Lysa's best seller, Unglued. Although you do not have to read Unglued to benefit from or enjoy the devotional – if you're like me, you may find that you want to do so after reading this book!

Disclosure: I received a copy of this book for review purposes. I was not compensated for this review or required to write a positive review. The opinions expressed in this review are entirely my own.

Tina Klinesmith says

First, I must preface this review with the declaration that I have never read anything by Lysa TerKeurst nor did I follow her blog...until now! The premise of the devotional is 60 days of "imperfect progress" toward become a better woman of God. Not perfect, mind you, since we live in the real world, but progress just the same.

From the first page, I fell in love with Lysa TerKeurst (or as I like to think of her now, my BFF, my GF that "gets" me!) She is so open and honest in this devotional that it's difficult to NOT relate, understand and know that she is going through the same struggles that every woman faces on a daily basis. Do you have kids that drive you crazy? So does she, and she goes into detail about HOW crazy they drive her at times. It was refreshing to hear a Christian mom talk about losing it in the car on the way to school. Instead of her preaching that a Christian should do this, or that instead, she uses her own experiences to show how SHE wishes she had responded or how SHE is learning to respond. It may seem like a small thing but it makes a HUGE difference to the reader. It's the difference between someone telling you to carry a load and someone sharing that load with you.

There isn't a topic that women face that Lysa didn't touch upon. Do you argue with your husband? So does she! Can't find towels in the bathroom? Her either! Do you stuff your feelings when someone hurts yours? Her too! There are surface hurts and hang-ups that she offers sound biblical teaching about and there are some tough issues she faces. I think that, in my case, NOT knowing her story helped me connect in a non-biased way to review it. Had I known her story (stories) before, I would have felt even more of a draw to her (if that's possible!)

The only drawback (for me) was that I read this devotional simultaneously with Unglued (the book) so many of the topics and devotions were repeats of what I had just read in the book. Several had more detail, while others weren't in the book at all. My advice to anyone, would be to read the book first, then follow with the devotional after you finish. It will serve to drive home several of her messages and give the opportunity to delve into a verse daily that applies, give you a "Thought for the Day" and then follow with prayer. While her prayers are a bit generic, I often found myself expanding on these and really digging in to my soul for one-on-one "chats" with God.

I wholeheartedly recommend this devotional (as well as the book) to any woman whether she is a teen, single, married, mother, divorced, widowed...the list could go on forever. I loved this devotional and that is rare for me!

Andrew says

Unglued Devotional is a companion devotional to the bestselling book, Unglued: Making Wise Choices in the Midst of Raw Emotions. The book is written primarily to the target audience for women. The devotional has 60 days' worth of life lessons and stories that Lysa Terkeurst has encountered. The topics range from emotions being out of control, honesty, lack of self-control, envying and comparing ourselves to others, condemnation, being afraid, and many other themes. Lysa Terkeurst shared very honest stories to help readers to control their emotions and not to be led by their feelings. She admits there are times when she has yelled at her kids and had trouble forgiving her husband when he does something that offends her. She described a time when one of her daughters decided to have a drawing party on her freshly painted walls. And she had to practice self-control with the help of the Holy Spirit and this is an everyday process. She also explained losing her baby sister and struggling with the why questions.

The devotional for each day incorporated a thought for the day, a scripture verse, and a prayer for you to pray. The book also encompassed in the appendix a section to "determine your reaction type". It will ask personal questions to figure what how you handle difficult situations. The reaction types are "internal processor", "external processor", "external expresser", and "internal suppressor".

I immensely benefited from day 55, "Advice to Unglued Wives: Stop Praying". This particular day discussed how many women pray about fixing their husband and not praying on how to love them more. Even though it's written in the format of praying about your husband, I strongly believe husbands can also take the advice and make sure they are praying to God about how to love our wife more like Christ. One of my favorite quotes was, "Praying for him means digging into God's Word and praying Scriptures specific to his struggles. That's powerful! When we pray the Word of God, we pray the will of God" (Page 178). What man wouldn't want his wife to be bold enough to pray that over their life? And vice versa. Lysa Terkeurst made a great point to remind readers that they can't change and control anybody but themselves.

Another supportive and helpful day was day 42 entitled, "My Creative Best". This day revealed the hidden dangerous cycle of comparison and envying what others have that we truly want or we're praying for. Many of us have a longing for something to fill that void into our empty soul. We want a spouse, we want kids, deeper friendships, a talent someone else has, to be skinnier or more toned, a bigger house, or a better paying job. Lysa Turkeust stated that we're not supposed to be trying to carry someone else's load. Galatians 6:4-5 warns against that very thing. I struggle with comparing myself with others so this day truly spoke to me on the importance of running my own race and following the dreams God has put in me. I have always wanted to be skinnier or have more muscle but I'm not the other person that I'm comparing myself with. I also have a problematic time with not being envious and jealous when someone gets what I have been praying for. For example, a wife and having children. But it's vital to remember that God has a good plan and purpose for

each of our lives.

I would recommend this wonderful book to any women who are having a hard time not living by how they feel. It's written for women who are single, married, and women who have children. And if you're a man, and you want to read it to better understand what are women are facing and you're wanting to know how we can help them by being a better husband, then this will assist you on connecting with your wife. Note to the men: you will have to just change the words to say man when she says girl throughout the book. I personally loved how Lysa Terkeurst was real and honest about the triumphs, sadness, the questions unanswered, losing her emotions, and her struggle with comparison. This book will help anyone get closer to God and he handle our honesty and emotions.

"I received this book for free from Zondervan for an honest review".

Stacie says

Have you ever come unglued? On your children? On your spouse? Um, yeah, I have. I'm certainly not perfect and sometimes life, chaos, hectic schedules, and stress can all exaggerate your feelings of helplessness. Eventually become so irritated that you become someone you don't want to be.

In this devotional, you take 60 days to read and force yourself to get at the source of your emotions. This isn't easy work or light-hearted. It is personal, convicting, merciful, and full of grace. Through stories and scripture, you will look at how you react to situations and learn your weaknesses. Then you can begin to focus on your new way of coping. Daily prayer is also a must in this new way of life.

The thought for Day 60 summed it up well for me, "I want to be an uncommon calm in the midst of chaos and an example of peace for my kids in a world of pressure." Yes, I want this and making the effort to have a calm home and smooth mornings are a priority.

I also appreciated the quiz that tests your reaction type. It didn't surprise me that I am an Internal Processor/Internal Suppressor. It means I am a Stuffer that Builds Barriers and yet a Peacemaker. Gosh, does that describe me to a T! What I need to find is a balance of stuffing and exploding that helps manage my stress and emotions better. I tend to stuff my frustrations until they end up overflowing like a volcano! Not a good way to live and not the kind of person anyone wants to be around. This book offers tools, advice, and hope for handling your emotions.

If you feel like your emotions are on the edge, you are easily irritated, or quick to criticize, this book and it's companion UNGLUED may be just what you need. Both the book UNGLUED and this devotional would make an excellent choice for a Bible Study or Women's group. There is also a DVD available for study purposes. Additional resources can be found at www.UngluedBook.com.

Bluerose's Heart says

A couple of years ago, I read and loved TerKeurst's Made to Crave. I couldn't wait to get my hands on Unglued, too. I really connect with TerKeurst, both in Unglued and Made to Crave. I found myself laughing as she described her thoughts or actions and related a little too much. Plus, she's very open and honest about her imperfections, which I always appreciate.

"All these reactions I've described are not things I'm proud of. Yuck, right? Yes, but these aren't labels I carry around with me. These are things I'm identifying about myself so I can bring my raw emotions and unglued reactions under the healing authority of Jesus. And it's also important to clarify that I'm only talking about my unglued reactions here. When my emotions are level, I am like the little girl in that movie, The Help, to whom the beloved Aibileen leans down and whispers, "You is kind. You is smart. You is important."

Jesus has made me a kind-hearted person, full of encouragement and eager to inspire any person who gets within ten feet of me. Jesus has made me smart enough to know that I need Him-desperately and fully. And Jesus has assigned all of us the important job of representing Him to this world, which means we re-present Him everywhere we go."

Becoming "unglued" doesn't necessarily involve raising one's voice! (Although, I do dream of one day being like Michelle Duggar in the fact that the madder she gets the lower her voice gets. Can't say I've achieved that yet). It could mean stuffing those feelings deep down inside, causing negativity to grow more and more. It could mean that negative thoughts and constant blaming are going on inside your head. It could mean taking these kinds of things(whether thoughts or actions) out on family/friends or strangers. We're all different! Terkeurst has a chapter explaining different kinds of "unglued" reactions and you can decide which one(s) most resemble you.

I bought the e-book version of the book Unglued(which is still only \$3.79 as of this posting), but I was provided a review copy of the Unglued Devotional. I learned that the Unglued Devotional is pretty much the book broken up into 60 bite-sized pieces. Which one I recommend to you depends on what type of reader you are. I preferred the book. If you like doing little devotionals here and there or at a certain time each day, then the devotional might be best for you. I like devotionals fine, but I prefer sitting down with a book and reading as long as time will allow me. Plus, I'm not the best at reading a chapter a day kind of thing. I wish I was sometimes, and I do try it quite often. "Try" is the key word there!

Unglued was a wonderful book, and I highly recommend it. I think *most* of us come "unglued" in some way or another. ;)

"Some moms are equipped by the hand of God to be "that mom." They have been formed with the three-C gene - Cooking, Crafting, and Cleaning come easily and naturally to them. Others of us have been delightfully chosen to provide the comic relief necessary to keep the world entertained. And to keep future therapists in business."

*As I mentioned above, I bought the book, but I was provided a review copy of the devotional in exchange for my honest opinion.

Elizabeth says

I received a free copy of this book through BookSneeze for reviewing purposes.

The Unglued Devotional is a companion to the book Unglued by Lysa Terkeurst both the devotional and the book are written with the intention of helping the reader better cope with their raw emotions and their struggles with emotions. Set up with a daily opening Scripture, thought for the day, daily devotion and closing prayer this book is intended to be read a chapter a day for sixty days and thus get the reader in the habit of checking in with emotions daily.

This was my first experience reading a devotional, and I must admit that I'm not a fan of the format. That said, I did enjoy the content of the book and plan to read the book that this devotional is the companion to. As a busy mom, I'm not very good at taking the time to read and reflect upon one chapter each day for any length of time, I prefer to sit with a book and read for as long as I can at a stretch, pausing to reflect upon what I'm reading as needed.

I really enjoyed this book though, the author is very down to earth and honest about her own faults which makes her very easy to relate to. I left the book with the feeling that she and I could be friends in real life if we ever met. There were many days where I could recognize myself in what she was writing. I definitely struggle with my emotional responses to situations and often find myself feeling bad about and having to apologize for having blown up at Davis or Matt about something small because other things have been building up.

I will definitely be looking to read the book that goes with this as well as this author's other books in the near future.

Sunflower says

Having had the opportunity to read, "Unglued", the book, the 60 days devotional by the same author, Lysa TerKeurst, is a great companion for women wanting to take, Lysa's book, above and beyond the book itself.

Filled with short and insightful devotionals for each day, the "Unglued Devotional", is just as emotional and raw filled honesty as the actual book itself; Those who are finding themselves at an emotional crossroad in their lives, will find this to be a very helpful, girlfriend to girlfriend, walk through, using Scripture and personal insights that showcases what makes Lysa, a must read author these days.

The devotionals are short....they are easy to work through and it follows a good formula that most bad habits, often aren't changed in a day or a week, but usually after thirty days and in this case, with 60 days, it gives women the opportunity to work through the emotional obstacles that they find themselves confronted with.

I found this to be a very bible study friendly format as well so it doubles both as a personal devotional, but one to work with in a group form, though if doing so with a group, I would probably recommend using this with either an accountability partner or maybe on a more online format, to keep up with really the long extended process that the devotional takes that the book itself didn't go through in its original format.

Lysa is very open in sharing her personal experiences and helps bring to readers the raw connection that many need in lieu of studies that explores sensitive topics with a semi-disconnected, almost clinical way.

What is discovered instead, is a down to earth, open, honest and casual setting that helps readers not only let their guard down, but also feel like the author is talking directly to them.

At times humorous and other times soul reaching, the "Unglued Devotional" really does the job, reaching its targeted audience of busy moms and women who find themselves trying to juggle it all and taking care of themselves at the same time.
