



# 30 Days to Taming Your Tongue Workbook

*Deborah Smith Pegues*

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## **30 Days to Taming Your Tongue Workbook** Deborah Smith Pegues

Now that more than 230,000 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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