

Scripture and books recommended by Dr Heath Lambert

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1. struggle with anger
 - ~ Bible: James 4:1-2
 - ~ Book; *Uprooting Anger* by Robert Jones
2. struggle with anguish
 - ~ Bible: 2 Corinthians 4:16-18
 - ~ Book: *Trusting God* by Jerry Bridges
3. struggle with anxiety
 - ~ Bible: Matthew 6:25-34
 - ~ Book: *Courage* by Wayne Mack
4. struggle with avoidance
 - ~ Bible: Romans 13:11-14
 - ~ A few Categories
 - ~ For drug and alcohol addiction see "Addictions" by Ed Welch
 - ~ for pornography see "Finally Free" by Heath Lambert
 - ~ eating problems "Love to Eat; Hate to Eat" by Elyse Fitzpatrick
5. conflict
 - ~ Bible: Matthew 7:1-5
 - ~ Book: *Peacemaking* by Ken Sande
and also *Peacemaking for Families* by Ken Sande and Tom Raabe
6. people may seek help because of a profound decision they need to make
 - ~ Bible: Proverbs 15:22 .
 - ~ Book: *Just Do Something* by Kevin DeYoung

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