



**BIBLICAL**  
COUNSELING CENTER.org

## Recommended Biblical Counseling Resources on Emotions

### Resource List for Anger:

- Anger: Escaping the Maze by David Powlison
- Anger Management (Pocket Puritans) by Richard Baxter
- Anger & Stress Management God's Way by Wayne A. Mack
- Anger, Anxiety and Fear by Stuart Scott
- Angry at God? by Robert Jones
- Angry Children by Michael R. Emlet
- Family Feuds: How To Respond by Tim Lane
- Get Offa My Case!: Parenting an Angry Teen by Rick Horne
- Getting a Grip: The Heart of Anger Handbook for Teens by Lou Priolo
- The Heart of Anger by Lou Priolo
- Workbook for the Heart of Anger by Lou Priolo and Amy Baker
- How to Overcome Evil by Jay E. Adams
- Lies Women Believe by Nancy Leigh DeMoss
- Living with an Angry Spouse by Ed Welch
- Respectable Sins by Jerry Bridges
- The Peacemaker by Ken Sande
- Trusting God by Jerry Bridges
- Uprooting Anger by Robert Jones
- What Do You Do When Anger Gets the Upper Hand? by Jay E. Adams

## Resources List on Fear:

- Anger, Anxiety, and Fear (Stuart Scott)
- Anxiety: Anatomy and Cure (Bob Kellemen)
- Anxiety Attacked (John MacArthur)
- Breaking the Worry Habit (Elizabeth George)
- Fear: Breaking Its Grip (Lou Priolo)
- Fear Factor: What Satan Doesn't Want You to Know (Wayne & Joshua Mack)
- Overcoming Fear, Worry, and Anxiety (Elyse Fitzpatrick)
- Running Scared (Ed Welch)
- Social Anxiety (Amy Baker)
- Stress (David Powlison)
- Trust: The Godly Woman's Adornment (Lydia Brownback)

## Resource List for Depression:

- A Lifting Up for the Downcast (William Bridge)
- Christians Get Depressed Too (David Murray) - read my 4-part review
- Depression: A Stubborn Darkness (Ed Welch)
- Discontentment: Why Am I So Unhappy? (Lou Priolo)
- Down, but Not Out (Wayne Mack)
- HELP! I Am Depressed (Carol Trahan)
- HELP! I Can't Handle All these Trials (Joel James)
- Hope in God: A Biblical Perspective on Understanding, Overcoming & Preventing Depression (Kristie Gant)
- It's Not Fair! (Deborah Howard, Wayne Mack)
- Out of the Blues (Wayne Mack)
- Selfishness: From Loving Yourself to Loving Your Neighbor (Lou Priolo)
- Spiritual Depression: Causes and Cures (Martyn Lloyd-Jones). Study Guide also now available.
- What Do You Do When You Become Depressed? (Jay Adams)
- When the Darkness Will Not Lift (John Piper)

## **Resource List for Forgiveness:**

- Bad Memories: Getting Past Your Past by Robert Jones
- Bitterness: The Root That Pollutes by Lou Priolo
- Choosing Forgiveness: Your Journey to Freedom by Nancy Leigh DeMoss
- Forgiveness: I Just Can't Forgive Myself by Robert Jones
- Forgiving Others by Tim Lane
- The Freedom and Power of Forgiveness by John F. MacArthur Jr.
- Help! I Can't Forgive by Jim Newcomer
- Help! My Spouse Has Been Unfaithful by
- Unpacking Forgiveness by Chris Brauns
- The Truth About Forgiveness by John F. MacArthur Jr.
- From Forgiven to Forgiving by Jay E. Adams

## **Resources on Guilt/Shame:**

- Shame Interrupted: How God Lifts the Pain of Worthlessness and Rejection by Ed Welch
- Help! I Feel Ashamed by Sue Nicewander
- Abuse by John Henderson
- Bad Memories: Getting Past Your Past by Robert Jones
- Help! I Feel Ashamed by Sue Nicewander
- Help! Someone I Love has been Abused by Jim Newheiser
- How to Handle Trouble by Jay E. Adams
- How to Overcome Evil by Jay E. Adams
- It's Not Fair! by Wayne A. Mack and Deborah Howard
- Putting Your Past in Its Place by Steve Viars
- Recovering from Child Abuse by David Powlison
- Rid of My Disgrace by Justin Holcomb and Lindsey Holcomb
- Trusting God by Jerry Bridges
- Why Me? by David Powlison

## **Biblical Theology of Emotions:**

- Feelings and Faith: Cultivating Godly Emotions in the Christian Life

**These list are adapted from the Biblical Counseling Coalition with special thanks to Paul Tauges and Bob Kellemen.**