



# 30 Days to Taming Your Tongue: What You Say (and Don't Say) Will Improve Your Relationships

*Deborah Smith Pegues*

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## **30 Days to Taming Your Tongue: What You Say (and Don't Say) Will Improve Your Relationships**

Deborah Smith Pegues

Certified behavioral consultant Deborah Pegues knows how easily a slip of the tongue can cause problems in personal and business relationships. This is why she wrote the popular *30 Days to Taming Your Tongue* (500,000 copies sold). Now in trade size, Pegues's 30-day devotional will help each reader not only tame their tongue but make it productive rather than destructive.

With humor and a bit of refreshing sass, Deborah devotes chapters to learning how to overcome the

- Retaliating Tongue
- Know-It-All Tongue
- Belittling Tongue
- Hasty Tongue
- Gossiping Tongue
- 25 More!

Short stories, anecdotes, soul-searching questions, and scripturally based personal affirmations combine to make each applicable and life changing.

Rerelease in trade edition

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