



What Your Heart Needs for the Hard Days: 52 Encouraging Truths to Hold On To

Holley Gerth

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We all have hard days--the kind that make us want to give up, retreat inside ourselves, and drown our sorrows in a pint of ice cream. And while we may crave all sorts of things to ease the pain we feel, what our hearts really need is to be filled up with truth. *We need to be confident in God's character and his promises. We need to remember we're loved no matter what. We need to know we're going to be okay.*

In this uplifting book, Wall Street Journal bestselling author, licensed counselor and certified life coach Holley Gerth shares the strength, peace, and hope that come from knowing who God is, how much he cares for us and why we can trust he'll get us through whatever we may face. Each of the 52 devotions based on the Psalms will help weary women remember that God is faithful, we're all in this together and there's a good plan for our lives.

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