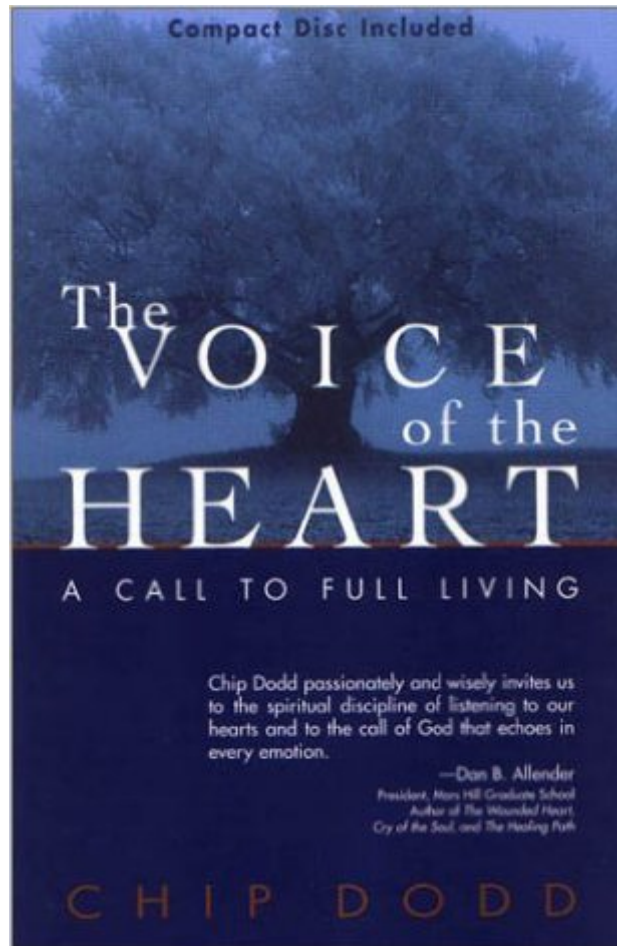


The book was found

The Voice Of The Heart: A Call To Full Living With CD (Audio)



Synopsis

Profoundly insightful, *The Voice of the Heart* offers a deeper understanding of how to live an abundant life. Chip Dodd teaches us how to begin to know our hearts so that we better know ourselves and are better equipped to live in relationship with others and, ultimately, with God. Included with the book is a audio compact disc. The CD is a companion presentation by Chip Dodd to supplement the material covered in the book. It provides additional teaching on the Spiritual Root System, particularly how feelings play a vital role in our emotional and spiritual maturity.

Book Information

Hardcover: 151 pages

Publisher: Sage Hill Resources; 1st edition (August 2001)

Language: English

ISBN-10: 1577362195

ISBN-13: 978-1577362197

Product Dimensions: 8.5 x 5.8 x 0.8 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (38 customer reviews)

Best Sellers Rank: #1,044,695 in Books (See Top 100 in Books) #116 in [Books > Christian Books & Bibles > Christian Denominations & Sects > Protestantism > Inspirational](#) #4081 in [Books > Christian Books & Bibles > Christian Living > Self Help](#) #6479 in [Books > Religion & Spirituality > Worship & Devotion > Inspirational](#)

Customer Reviews

This is an extremely important and timely book. Chip Dodd is a man with a passion for the truth and obviously a great joy in sharing it. He speaks to my heart in ways that bring a peace worth sharing. He speaks to my brain and challenges my intellect. My emotional quotient is put to the test! Full living with an authentic true self is truly a journey. This book and its messages have helped me to begin this journey and provides me guidance along the way... My heart really is made for relationship. That is an undeniable truth. This book and its spiritual roots have blessed me with some knowledge and tools to nurture healthy relationships..finally!!

It is fabulous. Chip is thoroughly readable, comprehensive and practical. His goal in the book is to help ["by addressing our roots and from where they draw their nourishment, we begin to live free"not bound by the narratives of our pasts or our biological drives.](#)In the book

Chip covers what he calls the "Spiritual Root System." He compares and contrasts the impaired tree and a healthy tree. The healthy tree is a call to living fully. He argues that is what God created us for. I'm not sure about you but I want to guard my heart like it says in Proverbs 4:23. But without knowing what is in my heart, guarding is about impossible. Chip's work in the first chapter is arguably one of the best I've read on emotional intelligence and understanding your feelings, heart and emotions I've ever read. It is worth the book and more. Chapter two is an overview of his feelings. He outlines eight emotions. And strongly argues there are only eight. Hurt, loneliness, sadness, anger, fear, shame, guilt and gladness. He says though at first glance only one is positive all can be positive. For example, found on page 71 was a game changer for me on anger. I always thought of anger as the Dad yelling at the kids from the top of the stairs making them feel inferior. That is an impaired anger or rage (and horrible parenting). Chip Dodd says, "Authentic anger is a caring feeling, telling us that something matters." And later he says, "Anger creates identity. Through it we are known." Each chapter has some good nuggets for the professional counselor, life coach but also is attainable to the non-degreed folks like me. Chip walks through each emotion to show normal or wealthy emotion and impaired versions. They distinction is very helpful and application oriented too. There is one point I don't like, but it is admittedly small. He says, without much support, you can't forgive yourself on page 109. It is not needed point and seems like he is picky a fight with other professionals who I'm not aware of. But like I said it's a small point. I really gave it four stars and not five because emotional psychology books aren't my favorite but this book is my favorite in that category. In summary, I've underlined, quoted from and honestly changed how I view my own emotional health and wholeness.

This book is amazing. I have read it twice now and each paragraph has something that I need to hear. The best thing about this is the CD in the back. I have listened to it everyday in the car. Powerful. Encouraging. It's like Dodd looked write into my heart when he wrote this book. You have got to read this.

This is the best and most amazing book I have ever read. We are going to be reading it for our book club. I am so thrilled to have found this gem and want to thank Chip for this insightful biblical perspective on our god-given emotions. He has changed my thinking about the feelings I considered negative. All eight emotions are a gift of God: hurt, loneliness, sadness, anger, fear, shame, guilt and gladness. Dr. Frattaroli was the first author I had read to mention that pain is good

- it leads us to healing. Now Chip takes it a step further to show how all the emotions are good - they lead us to change our path to get to gladness. He does a great job at showing how each emotion has a potential positive or negative result. The point really is to use the emotions to get the positive result and avoid the negative. Eye-opening and insightful!

This book was so important to me, and I can't guarantee it will be as important to you, but it was such a refreshing look into why I (or we) "feel" the way we do often times. Thank you, God, for helping someone write this book.

I just wanted to quickly respond to a previous review of this book. If there is such a thing truth, then that 'truth' is unalterable. The reviewer writes, 'The Voice of the Heart is not for Buddhists, Hindus, Muslims, Taoists, Mystics or any other group that may hold to a different view of how the Universe is "put together" and how it works. Therefore, it cannot be the vessel containing the "unalterable truth" that the author proclaims. It seems to me that this particular viewer has a skewed view of what truth is, since if it doesn't agree with every other religious point of view, according to the reviewer, then it is thus does not contain 'unalterable truths'. Does it follow that any viewpoint that doesn't agree with all other viewpoints is thus not truth? This book is a fantastic introduction into the nature of the heart, and I highly recommend it for anyone curious and seeking.

A wonderful resource! I have read through this book twice now, and have found it to be an excellent resource for discovering insight about our feelings. Dr. Dodd reveals the true nature of feelings as positive expressions of the people God created us to be. The chapters on sadness and anger were especially insightful. This work recognizes that we are spiritual people who have the capability to live fully, authentically, and healthily in relationship with self, others, and most importantly God. The concept of a spiritual root system highlights the means for achieving this full and abundant life. Those who are in search of a deeper, fuller, more meaningful life will certainly find guidance and assistance here.

This book is a must-read for anyone who has ever been depressed. Especially Christians... honest negative emotions are God-given and for a good purpose. If we stuff them down/pretend they don't exist, we betray our own heart... and God has designed us in such a way that we will pay heavily for that kind of self-betrayal!

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