



Mind Monsters: Conquering Fear, Worry, Guilt and Other Negative Thoughts that Work Against You

Kevin Gerald

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Every day we are bombarded with negative messages--from society, the media, and even from self-talk in our own minds. Take a minute to think about these questions:

- Do you lack peace because of your perspective?
- Do you focus on the problems around you?
- Do you have trouble recognizing the good things in your life?
- Do you feel despair or depression, despite your blessings?

Answering yes to questions like these is evidence of mind monsters. Mind monsters are those negative thoughts we all battle, the creeping shadows in the corners of our minds that feed our insecurities, worries, and fears. They will steal your life...if you let them. But there is good news! You can take control. In *Mind Monsters* Kevin Gerald shows you how to recognize destructive thoughts, take them captive, and use biblical truths to overcome them.

Today you have a choice: Will you allow your mind monsters to take up residence, affecting who you are and God's plan for your life, or will you conquer them and experience a life that is positive, abundant, joyful, and overflowing with peace?

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