



30 Days to Overcoming Emotional Strongholds

Tony Evans

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Emotional strongholds come in all shapes and sizes—doubt, rejection, poor self-esteem, pride, stubbornness, a victim mentality, or defeatism. Which of these are you battling? Which ones are undermining your confidence and eroding your spiritual strength?

Tearing down emotional strongholds so they no longer dominate your thoughts and actions can come only through an intentional alignment of your thoughts with God's truth in the Bible. Join Dr. Tony Evans in examining key emotional strongholds and their corresponding biblical truths that you can declare and apply to bring victory into your life.

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