



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

By 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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Editorial Review

From the Back Cover

This devotional book is the perfect companion to Holley's book *You're Going to Be Okay*.

About the Author

Holley Gerth wishes she could have coffee with you. She's the *Wall Street Journal* bestselling author of *You're Already Amazing* as well as several other books. She's also a licensed counselor, certified life coach and speaker who provides encouragement as well as practical insights for the thousands of people she connects with each year.

Holley cofounded (in)courage.me, an online destination for women that received almost one million page views in its first six months. And her personal site, holleygerth.com, serves over 25,000 subscribers. Outside the word world, Holley is the wife of Mark and together they're parents to Lovelle--a daughter they adopted when she was 21 years old because God is full of surprises.

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