



## Reclaiming Your Heart

*Denise Hildreth Jones*

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## **Reclaiming Your Heart** Denise Hildreth Jones

Have you ever wondered where the abundant life Scripture promises is, and how you seem to have missed it? Do you ever catch yourself saying, "Those were the best years of my life?" A failed relationship, a health crisis, a job loss, the death of a loved one--all can cause us to hide out, go numb, give up. Before we even know it, we're simply coping with life instead of living it to the fullest.

It happens to most of us at one point or another. For author and Bible study teacher Denise Hildreth Jones, it happened in the wake of her devastating divorce. But she fought desperately to reclaim her God-designed heart, and now, in her transparent, authentic style, Denise challenges you to do the same. Sharing stories from her own journey and others she's walked alongside, Denise will help you identify ways you've given your heart to "lesser gods" like performance, people-pleasing, and control, and how to find your way back to God's design for your life--to laughing, loving, and living life to the fullest.

## **Reclaiming Your Heart Details**

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Author : Denise Hildreth Jones

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## From Reader Review Reclaiming Your Heart for online ebook

### Rebecca Holland says

Denise Hildreth Jones: Reclaiming Your Heart (A journey back to laughing, loving and living) - Tyndale, ISBN 9780104143-6683-8

Life happens no matter what we do to avoid it, not think about or change its direction. Stuff is going to happen. We will all go through, if we have not already, a failed relationship, health issues, unemployment or grieve over the loss of a loved one.

Many of us just kind of sweep it under the rug and go forward.

But then there are those of us who just let it all pile on us and BOOM, pretty soon, we just existing. And life is more than just existing.

In Jones' book, she shares her story of how a devastating divorce nearly crippled her, and yet, she finally found a way to give up and get it right - she reclaimed her "God-designed heart" and wants all of us to know we can do the same.

A nicely written piece of material that is not meant to share living experiences to encourage living - not at all like the 'self-help' books that seem to be plaguing our book shelves these days, Jones' Reclaiming Your Hearts offers itself as a vehicle for you to find help through the best self-help guide of all - the Bible.

Nice job!

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### Tricia says

Some great insight, advice, and biblical truths, but a bit repetitive...

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### Janet Reeves says

*Reclaiming Your Heart* by Denise Hildreth Jones is the companion book to the novel *Secrets over Sweet Tea*. It's the non-fiction book that explains concepts illustrated in the work of fiction. I love the way Jones planned that out! She has lived what she teaches, and she teaches it well. Both books minister effectively to those who are willing to be open to the message Jones presents.

In *Reclaiming Your Heart*, Jones talks about ways that people or life events can cause people to shut down their hearts. Some run away. Some hide. Some indulge in addictions. Others indulge other people—to their own detriment. But people who live with shut down hearts live mostly alone and in pain and are unable to pursue God's best for their lives.

Jones uses the analogy of playing a round of golf to help readers understand that, just as they must choose the right club for the right circumstance on a golf course, they must let God help them choose the right responses to each circumstance as they live their lives. (I don't play golf, but I still understood. Jones explains everything well.)

Once readers grasp that concept, Jones goes on to present several chapters on different kinds of heart responses to life's harsh circumstances: performing, disappointment, control, criticism, shame, anger, fear, and weariness. Jones explains problems that develop from each of these and how the reader can overcome and heal. Each chapter identifies a lie that a person who chooses each kind of response believes and the truth that must replace it for healing to occur. Throughout the book, Jones shares Scripture, insightful analogies, and her own life experiences to help readers understand. She closes the book with a chapter full of good advice for continued living with a fully reclaimed heart.

If your past is impacting your present in such a way that you feel you have no future, *Reclaiming Your Heart* will encourage you.

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### **Rose says**

So beautiful! I loved this book.

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### **Paula says**

I would have given the book another full star had the author not quoted out of The Message for most of the scripture references. I absolutely despise it. The book does have a lot of good stuff in it. Just keep a REAL Bible handy!

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### **Brenda says**

Denise Hildreth Jones' latest book focuses on the hard things in life that shut down our hearts, and the crucial importance of fighting to keep our hearts open and alive in a difficult world. Each chapter describes a different type of shut-down heart - angry, controlling, disappointed, and fearful among them - how it got that way, and how to revive it. As with all of DHJ's writings (she and I have similar histories), this was very timely and applicable to me. I could benefit from a more in-depth study.

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### **Sheri Freeland says**

I found Denise Hildreth Jones "reclaiming your heart - A Journey Back to Laughing, Loving and Living" a life changing book. She is very open about her story of a "shut down " heart from her divorce and the journey God took her on to an open, changed heart. She reminds us through out the book that it is a journey and not a destination to having a reclaimed heart. I loved the chapter "Lessons from the Green" comparing golfing and the clubs we use to codependent behaviors that we adapt to our lives as coping skills. I've read a lot of books on codependency and this was by far the best example of what it means to be codependent. She then goes into great detail describing various shut down hearts we may have, i.e. the critical heart, the disappointed heart, the angry heart to name just a few and how to reclaim those hearts. There was a lot of good information in this book and I will be re-reading it. After all, I'm on a journey and I have a long way to go. Thank for your good advice Denise and for sharing your heart with us.

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### **Rispah says**

I loved this book, I could rate to it, there were times I cried, laughed. Beautifully written.

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### **Joe says**

Well written and has a message for anyone who has ever been hurt and needs to find hope and happiness again. Well worth the read. It is actually one of a few books I am reading again incase I missed something.

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### **Kayla Murphy says**

Absolutely loved this book! It's full of great information that a person can really relate to.

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### **Kate says**

This was good. I was sent this for free from Tyndale Publishers to read and review on my blog. Well written, personal story about how Hildreth Jones rebuilt her life after setbacks. A well done book - nice paper, nice typesetting.

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### **Cynthia says**

Definitely a good book to read if you're going through struggles in life. For me, that's all the time, so yay for this book!

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### **April says**

I love this book. I related to it on so many levels and saw myself on every page, especially when the author shares about her first marriage and divorce, her story is so close to mine... I'm reading it again so I don't miss anything, I already feel more positive about my life, past and future, and my relationship with God

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### **Nora St Laurent says**

This book is a game changer and one that will change your life if you let it! I appreciated this authors heart and transparency!

Disclosure of Material Connection:

I received a complimentary copy of this book from the publisher. I was not required to write a positive review. The opinions I have expressed are my own. I am disclosing this in accordance with the Federal Trade

Commission's 16 CFR, Part 255 "Guides Concerning the Use of Endorsements and Testimonials in Advertising"

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### **Cristi Schwamb says**

I highlighted many, many pages in this book. It was both convicting and encouraging at the same time. Jesus promises an abundant life, and this book showed me how to rely on God's truths to reclaim an alive heart -- a heart that fully lives and fully loves, even when that means facing fear, admitting imperfection, giving up control, or risking pain.

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