

# valiant

## Resource centre

*These resources are published in good faith and some of their contents may not necessarily be endorsed by the GBC. The intention is to provide the men with some practical help and inspiration for today. We recommend that if help is needed for any issues please contact the GBC via the office or email*

### ***The Man in the Mirror (Solving the 24 problems men face)***



By Patrick M. Morley / Zondervan Corp.

Written by a foremost Christian men's leader, this powerful book invites men to take a probing look at their identities, relationships, finances, time, temperament, and most important, the means to bring about lasting change. If life's demands are constantly pressuring you to run faster and jump higher, this book is for you. Rich in anecdotes, thought-provoking questions, biblical insights, and featuring focus questions in each chapter suitable for personal or group use, *The Man in the Mirror* offers a penetrating, pragmatic, and life-changing look at how to trade the rat race for the rewards of godly manhood.

### ***Wild at heart***



By John Eldredge / Thomas Nelson / W

Dare to be the man God created you to be---passionate, adventurous, and free! In this provocative look at Christian manhood, Eldredge challenges you to actively pursue the dreams God has given you. Encouragement for every man who wants to walk the road least taken---and important insights for the woman who loves him! 224 pages, softcover from Nelson.

### ***The way of the wild heart***

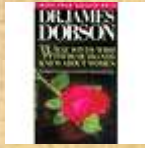


By John Eldredge

John Eldredge's brand new teaching on the six essential stages of a man's life.

THE WAY OF THE WILD HEART is John Eldredge's newest teaching in answer to two questions: "How do I become a man?" and, "How do I help my sons become men?" Through personal stories and practical guidance, he provides a map through the six stages of a man's journey: Boyhood, Cowboy, Warrior, Lover, King, and Sage. God wants to father men through this journey, says Eldredge, however old they may be. And provide for them all that they never received from their fathers. A book filled with immediate application, and deep healing. Parents will find it a profound resource for raising boys.

## ***What Wives Wish Their Husbands Knew About***



By Dr. James Dobson / Tyndale House

Dr. Dobson discusses the unique emotional needs of women and the breakdown that occurs when their husbands do not understand those needs. The book offers ways to break the shackles of emotional isolation, gain greater fulfillment in motherhood, and understand the sources of depression in women. The topics covered include: sources of depression, low self-esteem, fatigue and time pressure, loneliness, isolation, boredom, finances, sexual problems, and child raising.

## ***For men only***



By Shaunti and Jeff Feldhahn

Women: complicated and impossible to understand? Do you love and want to please the woman in your life, but just can't seem to figure her out? That was before FOR MEN ONLY. Now at your fingertips is the tool that will unlock the secret to her mysterious ways. Through hundreds of interviews and the results of a scientific survey of women, this book demonstrates that women are actually not random and that they really can be systematised and "mapped." In fact, much to men's delight, this book shows that women are actually quite easy to understand and please - as long as you know what it is they need. This clear map will guide you to loving your wife or girlfriend in the way she needs to be loved.

- Publisher.

## ***Parenting isn't for Cowards***

By James Dobson



Does your heart skip a beat when you think of all that could go wrong in the parenting years ahead? Anxiety is normal, but your worst fears don't have to become reality. Speaking both as a therapist and as a father--and drawing on a landmark study of 35,000 parents--Dr. James Dobson helps you . . .

- Prevent child-rearing troubles before they happen
- Banish your guilt about hard-to-raise children
- Protect your sanity during a child's adolescence
- Restore your energy when you're facing burnout
- Enhance your relationships with your kids

## ***Being God's man in Leading a Family – the Every Man Series***

By Stephen Arterburn, Kenny Luck & Todd Wendorff / Random House, Inc



Where are you leading your family spiritually? More than ever, families are desperate for spiritual leadership. And that starts with you, the husband and father. Are you equipped and ready to assume the role and responsibility God has for you? *Being God's Man...in Leading a Family* will help you accept your calling and experience God's blessing as the spiritual leader to your wife and children. In this study you'll discover the six keys to true spiritual leadership in the home. Eight sessions of Bible study questions, "real life" case studies, and group discussion questions facilitate personal encounters with God and other men in this practical study. A leader's section is included.

## ***Preparing for Adolescence How to Survive the Coming Years of Change***

(Revised 2005) By Dr. James Dobson.



What do you say to an adolescent who's getting ready to enter those turbulent teenage years? Dr. James Dobson, one of America's leading family psychologists, knows how to speak directly and sincerely to today's adolescents about the topics that trouble them most. Topics include handling peer pressure, drug abuse, sexual development, menstruation, masturbation, overcoming discouragement, sound decision making and handling independence. Paperback. - Publisher.

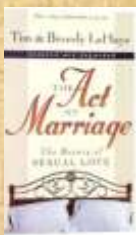
## ***Every Man's Battle – Winning the war on sexual purity one victory at a time***



By Stephen Arterburn / Random House, Inc

A practical, detailed plan for beating sexual immorality, *Every Man's Battle* will help you find freedom from your past, embody purity today, and overcome temptation in the future.

## ***The Act of Marriage by Timothy & Beverly LaHaye***



By Tim and Beverly LaHaye

Best selling authors, Tim and Beverly LaHaye, present a practical, thorough, and useful Christian handbook on sexual love in marriage. This book is suitable for newlyweds as well as couples who have been married for decades.

## *The ransomed heart*

By John Eldredge



For millions of people, reading the writings of John Eldredge has been a deep and profound experience, generating a hunger to integrate his ideas and insights into their daily lives. Meeting that need in an innovative way, **THE RANSOMED HEART** features 365 daily readings gleaned from John's best-known works, including **WILD AT HEART**, **CAPTIVATING**, **WAKING THE DEAD**, **THE JOURNEY OF DESIRE**, **THE SACRED ROMANCE**, and **EPIC**. More than a daily devotional, this volume is a portable library that will prompt readers to soulful reflection and deeper intimacy with God.

- Publisher.

## *Answers to Tough Questions*

By McDowell Josh, Stewart Don.

Paperback

How can we believe a Bible full of contradictions? Why is Jesus the only way to God? If Christianity is so great, why are there so few Christians? Don't all religions basically teach the same thing?



Over fifty questions are answered in this timely re-issue of a classic book. In a lucid and engaging style, the authors skilfully tackle the difficult questions that sceptics, seekers and Christians want to be answered.

- Publisher.