



# In Our Lives First: Meditations for Counselors

*Dr. Diane Langberg*

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## **In Our Lives First: Meditations for Counselors** Dr. Diane Langberg

In Our Lives First: Meditations for Counselors is a collection of six week's worth of readings about the work of counseling and its impact on the counselor's life and soul. Based on her 40 years of counseling experience, the author shows how the true work of counselors is tending first to their own souls in relationship to Jesus Christ, since they cannot lead clients where they themselves have not gone first. Change, growth, and spiritual health must be a reality in their lives first, in order to effectively facilitate change, growth, and health in others. Dr. Langberg's essays are interspersed with quotes from her favorite authors, most of them Puritan pastors and theologians, for 40 days' worth of readings.

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