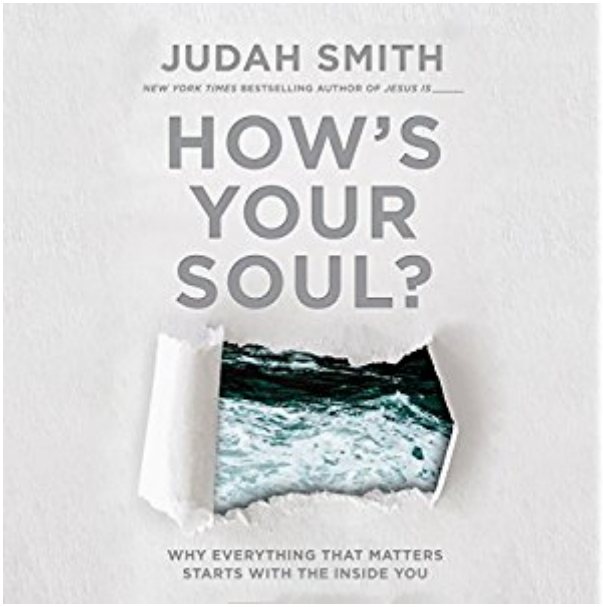
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How's Your Soul?: Why Everything You Want In Life Starts With The Inside You



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Synopsis

Judah Smith, New York Times best-selling author of Jesus Is _____, explores what it looks like to cultivate a healthy soul in the midst of a busy life and points listeners to the soul's only true home and place of rest and fulfillment: God. "How's your soul?" Instead of a perfunctory "how are you?", Judah Smith asks people this surprising question, because he knows that the health of the soul - the deepest part of ourselves - is overlooked in the busyness of everyday life. But the truth is, all the things people most desire in life - stability, peace, hope, love - are rooted in the health of their souls, and they need an intentional daily journey to manage it well. In How's Your Soul?, Judah explores the various facets and needs of the inner person, showing listeners how to cultivate healthy souls and leading them to the discovery that ultimately their souls are fully home - in a state of internal wellness, fulfillment, and completeness - only when they look to God, trust God, and rest in God.

Book Information

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Customer Reviews

Once again Judah delivers an incredibly wisdom with love, grace, with his special blend of laugh out loud humor! This book feels as if it was written for me specifically, but that's just how everyone feels after reading or listening to Judah share stories. He is the most incredible storyteller in the world!

Judah is one of my favorite preachers. He's just cool guy spreading God's Word and this book translates that so perfectly. This book touched on alot of things I was/am struggling with, and his perspective has helped me so much with the battles in my heart and mind. So good and I

encourage you to pick it up and pass it on to whoever you know will benefit from it. HIGHLY RECOMMENDED!

Awesome book love Judah Smith and his patient to help and teach others the love God has for us. The relationship he has build with Jesus will help others find themselves as well as build a relationship with Jesus as well. Go Judah !!

This book- I can't say enough about it! I recommend it to anyone who is overwhelmed, sad, stressed or if their lives are just a little too crazy right now. First off, I am NOT a reader - in fact, this might be one of three books I actually own (I bought it on a whim at the beginning of a really tough season knowing I needed some healing, freedom and a good soul check.) Also, I have NO time to read - like ever... this book was easy to read and very engaging (caught myself laughing out loud at some of his examples!) Judah brings great "real life" examples of everyday craziness and how important it is to keep your soul in check/ HOW TO keep your soul in check. Have a highlighter nearby and be prepared to have to close the book to marinate on a point or concept he lays out. I am already re-reading it because I know there is so much goodness I probably missed the first read. I really appreciated his honesty and level of empathy for the ups and downs of life. This man is so God ordained & knows what he is talking about!MUST READ.

I've been watching videos of Judah's Sunday talks from City Church and became a fan. Love his humor, and the relavent twist that always is based in a solid Bible focus. He's the kind of pastor that makes Jesus real to me and has brought me closer to God's word. Much like the two pastors at my home church (Gino Grunberg and Rick ENLOE), Harbor Christian Center. Judah helps make everything, make sense. This book is terrific.

I absolutely LOVE Pastor Judah Smith! Ever since he came to Houston back in 2013 to speak at Passion Conference, I've followed his ministry. I have watched nearly every YouTube sermon jam or sermon he's given. I've been following his podcast from The City Church Seattle for the past two years. So I was really excited when this book came out!

You may have asked yourself: "Where do I go when life overwhelms me? Where do I go when all I want is an escape?" You're not alone. Here, you will discover how to have a quiet soul despite all the noise and distractions around you. Do yourself a favor by getting a copy of this book. Feel free

to share it with many others, too.I didn’t expect that a book (with a cover like this one) about the condition of our souls would make me chuckle for countless times. This book may contain God-glorifying wisdom but smack dab in the same book is funny stuff that you can’t resist. Ps. Judah Smith is just hilarious!Speaking of comical stuff, the part of the story that involves Pastor Jude is my favorite! Nyahaha... Future readers, watch out! I highly recommend you don’t read it in a library. You’ll surely be sent out.I love the author’s transparency. He’s just so honest and generous to share even his mishaps, which most normal people won’t have the audacity to bring into the open.I’m so delighted to have known some personal facts about Ps. Judah Smith. Know of an author who doesn’t read much? Ps. Judah Smith, it is! And this makes me wonder why he writes oh so well. God works in mysterious ways really.The author has his admirable way of making things comprehensible.This book doesn’t only have the power to touch hearts but is also founded on the Word of God, so you can never go wrong by picking up this one.This amazing book also reveals a few misconceptions we have but sometimes are not aware of; it corrects them by pointing us to Jesus Himself.This book also made me fall in love with Jesus all over again, which makes it perfect for those who have lost their "first love." This will help you get it back. You’re welcome!This book reminded me of the wonderful things God has done for me.I have lost count of how many highlights I have made on the book. I would love to share everything if that were possible, but let me quote a few:"Our souls are home when they return to God.""Your feelings come and go, but God remains the same, and you will praise him again. ItÃƒÂ¢Ã â ¬Ã â„¢s only a matter of time.""There was a time not too long before when you thought youÃƒÂ¢Ã â ¬Ã â„¢d never make it, that the storms and waves were going to win. But you held on, and God got you through.""I want more of Jesus so that I can love the way he loves.""Quietness and rest are found not in control but in surrender.""A quiet soul is far more valuable than fame and fortune. A level soul, a balanced soul, a genuine soulÃƒÂ¢Ã â ¬Ã â • that is a gift from God.""Whatever you do, donÃƒÂ¢Ã â ¬Ã â„¢t give up. You have a sure and steadfast anchor of the soul, and he will see you safely to the other side."

Honestly just what I needed: to stop looking at others, to look at myself, and then to look at Christ as the solution to myself. Smith gets it. He understands his place on earth and now I do too

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