What is good about feeling bad: Finding purpose and a path through your suffering

John Charles Thomas, Liberty University

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What's Good about Feeling Bad?

When you're tightly clenched in the grip of suffering, it doesn't always help to hear that God has a purpose and a plan. In fact, it may feel like adding salt to a raw wound. Why would a loving God put you through this? How can you be sure that there is a greater good to be gained?

In What's Good about Feeling Bad? renowned philosopher Gary Habermas and counselor John Thomas will help you find the answers you need. Themselves no strangers to personal tragedy, the authors thoughtfully explore the impact of pain on our lives, explain fifteen spiritual benefits to suffering, and offer scriptural and practical advice to help you walk with God through even the hardest of times. If you are hurting—or know someone who is—this book is the road map you need to make it through your pain and emerge a stronger, wiser, and more complete person than ever before.

“Here's a book that helping professionals, especially pastors, will find beneficial for people who are really going through hard times in life.”

DR. KEVIN LEMAN
author of Sheet Music

Find the purpose in your pain

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JOHN THOMAS, Ph.D., has been a professional counselor for over twenty-five years, serving in private practice, residential, inpatient, organizational and educational roles. His writings have been published in numerous professional journals and magazines. He currently is chair, Ph.D. program director, and associate professor in the Center for Counseling and Family Studies at Liberty University. He and his wife, Denise, live in Virginia with their two children, Katie and Stephen.

GARY HABERMAS, Ph.D., has penned dozens of books and over a hundred articles. He has given more than 1,500 lectures in universities, seminaries, churches, and colleges all over the world and is distinguished research professor and chair in the Department of Philosophy and Theology at Liberty University, where he has taught for twenty-six years.

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