



# Bringing the Psalms to Life: How to Understand and Use the Book of Psalms

Daniel F. Polish PhD

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Creative ways we can understand the psalms ... and use their power to enrich our lives.

What is the mysterious power of psalms, the power that has made them beloved for thousands of years? This inspiring introduction shows us not only how to read the psalms with understanding, but how we can bring them into our lives, in:

- Facing our "enemies"
- Dealing with anger
- Overcoming feeling let down or abandoned
- Coping with sickness?in ourselves or those we love
- Expressing our thanks

A creative and personal "firsthand approach" to the Book of Psalms, it offers stories and examples that help us interpret and explore the unusual power of the psalms?and use them to enrich our lives.



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