



## Emotional Purity: An Affair of the Heart

By Heather Arnel Paulsen

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### **Emotional Purity: An Affair of the Heart** By Heather Arnel Paulsen

Have you ever given your heart to someone who didn't love you back?

Do you feel like you've experienced heartache over and over again?

If you are emotionally attached to someone, it's easy to cross the line and become emotionally intimate. Then if the relationship doesn't work out, you're left with scars on your heart.

The church teaches us the importance of physical purity; but it teaches little about emotional purity. Christian singles often wear their hearts on their sleeves, which can lead to intense, emotionally intimate, male-female "friendships" with no commitment to pursuing marriage. People may have had several of these "friendships" and still consider themselves pure, but in reality they have given away pieces of their hearts that should be reserved for their future spouses. Emotional Purity will show you how to define and set boundaries in your relationships to avoid making the same mistakes. Learn how to guard your heart and keep it emotionally pure.

Using fictional and real-life examples along with sound biblical advice, author Heather Arnel Paulsen outlines the pitfalls of undefined relationships and presents guidelines for living an emotionally pure life.

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## **Emotional Purity: An Affair of the Heart** By Heather Arnel Paulsen Bibliography

- Sales Rank: #419051 in eBooks
- Published on: 2007-04-30
- Released on: 2007-04-30
- Format: Kindle eBook

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## **Editorial Review**

### **About the Author**

In the past five years, God opened Heather Arnel Paulsen's heart to understand the meaning of emotional purity during her unmarried years. Currently, Heather works for her father's construction consulting business and also for the ministry she founded, Emotional Purity. She resides in Lake Villa, Illinois with her parents and two sisters.

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