



What's Good about Feeling Bad?: Finding Purpose and a Path through Your Pain

Gary R. Habermas, John C. Thomas

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When you are tightly clenched in the grip of suffering, hearing that God has a purpose and a plan may feel like adding salt to a raw wound. How can you be sure that there is a greater good to be gained? In *What's Good about Feeling Bad?*, John Thomas and Gary Habermas 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.

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