

Keep It Shut: What to Say, How to Say It, and When to Say Nothing at All

Karen Ehman



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With a kind, encouraging, and sometimes funny delivery, seven-time author, blogger, and member of the Proverbs 31 Ministries national speaking team Karen Ehman addresses women and words?how we talk to each other and ourselves, in writing or out loud?and when it's good to say nothing at all.

Let's face it: Every woman from Bible times to modern times sometimes struggles with her words. What to say and how to say it. What not to say. And what to do when she says something she wishes she could take back. In *Keep It Shut*, a woman whose mouth has gotten her into loads of trouble shares the how's and why's of dealing with the tongue.

Turning to scriptural insights and her own stories, Karen Ehman shows readers what the Bible says about when to speak, why great words start with great listening, wisdom for using words in social media, why "just sharing a prayer request" might be gossip, how to use words effectively at work and home, and why self-talk matters too.

Words have the power to build up and the power to destroy. Using them well leads to healthier relationships, less stress, and fewer regrets. Best of all, it leads to the joy of seeing what God can do when He's the one who speaks up.



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Eileen Lopez:

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Antoine Harris:

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Leonard Bartow:

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