



# How's Your Soul?: Why Everything that Matters Starts with the Inside You

*Judah Smith*

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**Judah Smith, *New York Times* bestselling author of *Jesus Is \_\_\_\_\_*, explores what it looks like to cultivate a healthy soul in the midst of a busy life and points readers to the soul's only true home and place of rest and fulfillment: God.**

“How's your soul?” Instead of a perfunctory “How are you?” Judah Smith asks people this surprising question, because he knows that the health of the soul—the deepest part of ourselves—is overlooked in the busyness of everyday life. But the truth is, all the things people most desire in life—stability, peace, hope, love—are rooted in the health of their souls, and they need an intentional daily journey to manage it well.

In *How's Your Soul?*, Judah explores the various facets and needs of the inner person, showing readers how to cultivate healthy souls and leading them to the discovery that ultimately their souls are only fully home—in a state of internal wellness, fulfillment, and completeness—when they look to God, trust God, and rest in God.

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