

# ANGER

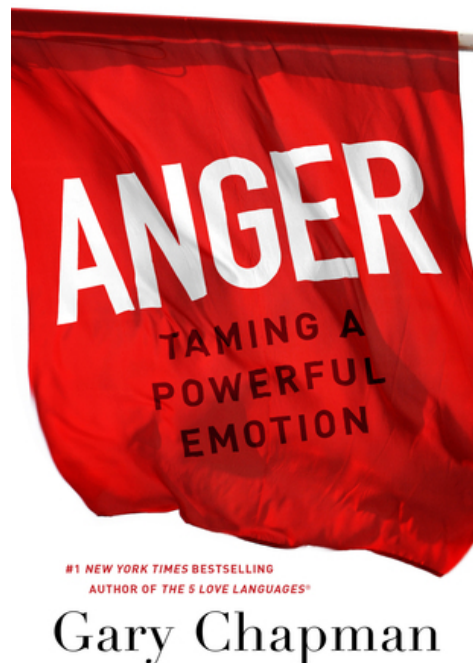
TAMING A  
POWERFUL  
EMOTION

#1 NEW YORK TIMES BESTSELLING

AUTHOR OF *THE 5 LOVE LANGUAGES*®

Gary Chapman

## \* Anger: Taming a Powerful Emotion \*



### Books Details

Author : Gary Chapman Pages : 224 pages Publisher : Northfield Publishing Language :  
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### Books Descriptions

Help for anger management ? from NYT bestselling author Gary Chapman Anger is a cruel master. If you struggle even a little with anger, you know how it feels to get mad too easily. To lash out at someone you love. To hold onto frustration. You might even notice others seem uneasy around you. You know anger is hurting your life, but you don't know how to fix it. There is hope. When you understand why you get angry and what to do about it, you can change the course of your life for the better. In Anger: Taming a Powerful Emotion, counselor Gary Chapman shares surprising insights about anger, its effect on relationships, and how to overcome it. His advice and real-life examples will help you: Understand yourself better Overcome shame,

denial, and bitterness  
Discern good anger from bad anger  
Manage anger and conflict  
constructively?  
Make positive life changes  
Let go of your grudges and resentment  
Help others (like your children) deal with anger and more  
Whether your anger is quiet or explosive, if



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