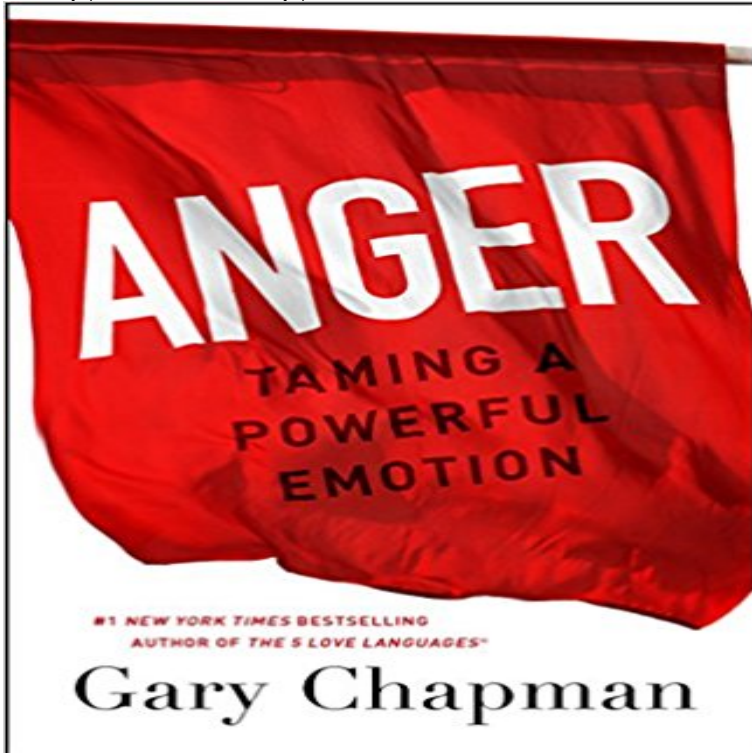


## Anger: Taming a Powerful Emotion



Are you handling your anger, or is your anger handling you? Life is full of frustrations—some big, some little. And while you might not be ready to blow a gasket, it's easy to get angry in the wake of rejection, hurt, or embarrassment—and anger can have a really tight grip. In *Anger: Taming a Powerful Emotion*, Dr. Gary Chapman offers helpful (and sometimes surprising) insights into why you get angry and what you can do about it. Using real-life examples of transformed lives and relationships, Chapman explains how to:

- Recognize the difference between bad and good anger
- Use anger to motivate you toward positive change
- Release long-simmering resentment
- Teach others (like your children) how to deal with anger

Anger is a reality of life, but it doesn't have to control our lives. Learn how to handle anger and use it for good. Includes reflection questions in each chapter; a 13-session discussion guide that's perfect for small groups, workplace studies, and book clubs; and a personal anger assessment designed to help you see how you manage anger.

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Anger: Handling a Powerful Emotion in a Healthy Way - [Leave a Reply](#) [Click here to cancel reply.](#) You must be logged in to post a comment. [Search This Site.](#) [Search for:](#) [Quick Links.](#) [Welcome to Compass Church](#) [Anger : Taming a Powerful Emotion by Gary Chapman](#) (Paperback [Anger](#) has 95 ratings and 20 reviews. Crizzle said: Wisdom! Author of The Five Love Languages writes about the emotion anger, why in and of itself it is n [Anger: Taming a Powerful Emotion - Kindle edition by Gary](#) May 19, 2016 In [Anger: Taming a Powerful Emotion](#), bestselling author Gary Chapman offers helpful insights and techniques on how to

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