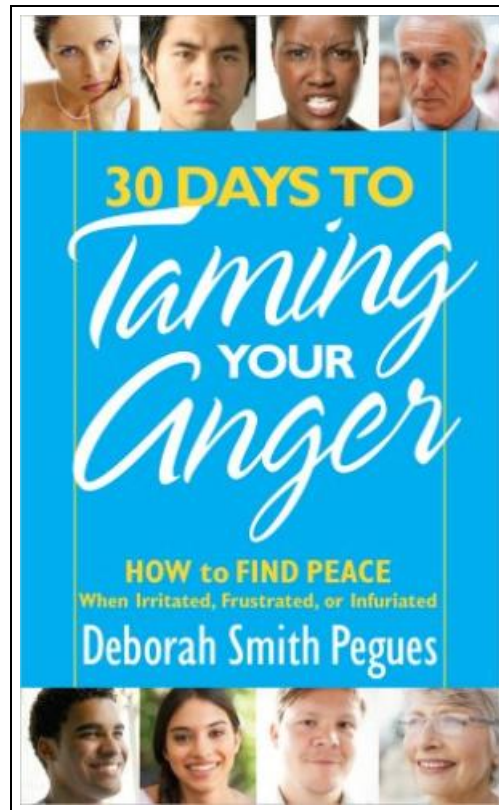


30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated (Paperback)



Filesize: 5.44 MB

Reviews

This is actually the best ebook we have read till now. Indeed, it can be enjoy, nevertheless an interesting and amazing literature. You will not feel monotony at whenever you want of the time (that's what catalogs are for regarding should you question me).
(Jamar Stracke)

30 DAYS TO TAMING YOUR ANGER: HOW TO FIND PEACE WHEN IRRITATED, FRUSTRATED, OR INFURIATED (PAPERBACK)

[DOWNLOAD](#)

Harvest House Publishers,U.S., United States, 2013. Paperback. Condition: New. Language: English. Brand new Book. It's a mad, mad world and rare is the person who gets through a single day without encountering an irritating, frustrating, or anger-producing situation. Deborah Pegues, author of the award-winning and bestselling 30 Days to Taming Your Tongue (more than 650,000 sold), is once again a voice of hope in this indispensable guide for dealing with short-term and long-term feelings of displeasure. Pegues reveals that anger is a secondary emotion. She uses biblical and modern-day stories to help you identify 18 primary emotions that may be at the root of your anger-and to choose Scripture-based responses for effectively dealing with them. You will discover anger-taming strategies such aspredetermining how to respond to certain triggersdeactivating your "anger buttons"developing a divine perspective toward frustrating people or circumstancesexercising the fruit of the Spirit to thwart impatience and irritabilityunderstanding how food and other factors affect mood30 Days to Taming Your Anger provides Scripture-based principles, heart-searching personal challenges, and powerful affirmations that point you to a new sense of freedom and improved relationships.Perfect for individual devotions, small groups, and biblical counseling.

[Read 30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated \(Paperback\) Online](#)[Download PDF 30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated \(Paperback\)](#)

Other Kindle Books



Pointers to a Spiritual Life: Information and Guidance to Help You (Paperback)

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English. Brand new Book. Pointers to a Spiritual Life is a guide to living a loving, fulfilled, spiritually based life. Use it for inspiration,...

[Download](#) [ePub](#)

»



Daughter of Destiny: The Only Authorized Biography (Paperback)

Paperback. Condition: New. Paperback. Jamie Buckingham's book is the definitive biography of Kathryn Kuhlman, perhaps the foremost woman evangelist of our century. Shipping may be from our Sydney, NSW warehouse or from our UK or US...

[Download](#) [ePub](#)

»



Are You My Type, Am I Yours? : Relationships Made Easy Through The Enneagram

HarperOne, 1995. Condition: New. book.

[Download](#) [ePub](#)

»



How to Deal with Alcoholics and Alcoholism: Steps and Tips Dealing with an Alcoholic (Paperback)

Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English. Brand new Book. How to Deal With Alcoholics And Alcoholism -- Steps And Tips Dealing With An Alcoholic. Are you trying to deal...

[Download](#) [ePub](#)

»



Saudi Arabia's Permeable Internet Ict (Information and Communications Technology) - Examination of Chinese Closed Internet Restrictions Compared to U.S. Open Web, Saudi Diversification (Paperback)

Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Due to countless political, economic, and social interactions between China and the United States since China's opening to the West in 1971,...

[Download](#) [ePub](#)

»

**To Do List Notebook: Checklist Paper, To Do Journal, Daily To Do Pad, To Do List Task, Agenda Notepad For Men, Women, Students & Kids, Cute Barbershop Cover (Paperback)**

Amazon Digital Services LLC - Kdp Print Us, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. Love the feeling of accomplishment when a task is ticked off your to do list? Then

[Download](#) [Book](#)

»

**Get Your Shit Done: Funny Sarcastic Gag Gift Daily Weekly Planner Notebook For Men Women Teens; To-Do Lists Accountability Appointments Agenda Logbook Notepad (Paperback)**

Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Take care of your business like a boss. Same shit different day? No Worries, problem solved! With this journal, you can easily

[Download](#) [Book](#)

»

**Lancaster County Indians annals of the Susquehannocks and other Indian tribes of the Susquehanna territory from about the year 1500 to 1763 the date of their extinction 1909 [Hardcover]**

2013. Hardcover. Condition: New. 420 Lang: - English, Pages 420, Print on Demand. Reprinted in 2013 with the help of original edition published long back [1909]. This book is Printed in black & white, Hardcover,

[Download](#) [Book](#)

»

**The Gold Digger Notebook: A Blank Lined Writing Notebook with a Fake Book Cover to Carry in Public (Paperback)**

Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Would you like get some attention? Don't mind people gazing at you in public places such as the airplane, train and bus?

[Download](#) [Book](#)

»

**To Do List Notebook: Blank To Do List, To Do Agenda, Daily Task Pad, To Do List Notebook For Office, Agenda Notepad For Men, Women, Students & Kids, Cute Unicorns Cover (Paperback)**

Createspace Independent Publishing Platform, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. Love the feeling of accomplishment when a task is ticked off your to do list? Then this journal is for

[Download](#) [Book](#)

»