



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

By Deborah Smith Pegues

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 as predetermining how to respond to certain triggers, deactivating your "anger buttons," developing a divine perspective toward frustrating people or circumstances, exercising the fruit of the Spirit to thwart impatience and irritability, understanding how food and other factors affect mood. *30 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.



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Excellent e-book and useful one. It can be rally intriguing throgh looking at time period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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