



## 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.



**READ ONLINE**  
[ 7.6 MB ]

### Reviews

*An incredibly wonderful book with perfect and lucid explanations. It normally is not going to price a lot of. I am just very happy to tell you that this is the greatest pdf we have go through within my personal lifestyle and could be he finest book for at any time.*

-- **Bart Lowe**

*This is basically the greatest pdf i actually have go through till now. It is definitely simplistic but surprises within the fifty percent in the ebook. I am easily will get a delight of studying a published ebook.*

-- **Hyman O'Conner III**

## You May Also Like



### **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, training, gaining understanding and direction. The first...



### **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 warehouse, depending on stock availability. 329 pages....



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

HarperOne, 1995. Condition: New. book.



### **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 with an alcoholic, a friend or relative...



### **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, their economies have been inextricably linked. However,...



### **Self-Discipline, Jealousy, Anger Management: 3 Books in One - Self-Discipline: 32 Small Changes to Life Long Self-Discipline and Productivity, . Freedom, Anger Management: 7 Steps to Freedom (Paperback)**

SD Publishing LLC, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Self-Discipline, Jealousy and Anger Management: 3 Book Box Set This book includes: Self-Discipline: 32 Small Changes to Create a Life Long Habit of Self-Discipline, Laser-Sharp Focus, and Extreme Productivity...