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

By Deborah Smith Pegues

Harvest House Publishers, U.S. Paperback. Book Condition: new. BRAND NEW, 30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated, Deborah Smith Pegues, 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; and 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...



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