



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 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.



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Reviews

Complete guide for publication enthusiasts. I have read and i am sure that i will going to study again once again in the future. Your way of life period will be transform once you total looking over this publication.

-- **Shayne O'Conner**

This composed publication is great. It is one of the most remarkable publication i have got read through. I am just quickly could get a delight of looking at a composed book.

-- **Caden Buckridge**