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America is addicted to hatred, we're at the height of a 20-year bender, and we need an intervention. In Addicted to Outrage, New York Times best-selling author Glenn Beck addresses how America has become more and more divided - both politically and socially. Americans are now less accepting, less forgiving, and have lost faith in many of the country's signature ideals. They are quick to point a judgmental finger at the opposing party, are unwilling to doubt their own ideologies, and refuse to have any self-awareness whatsoever. Beck states that this current downward spiral will ultimately lead to the destruction of everything America has fought so hard to preserve. This is not simply a Republican problem. This is not simply a Democrat problem. This is everyone's burden, and we need to think like recovering addicts and change. Mirroring the 12 Step program, Beck outlines the actions that Americans must follow in order to prevent a farther decline down this current path of hostile bitterness. Drawing from his own life experiences and including relevant examples for each step, he is able to lead the reader to a more hopeful, happy future. From families who learned to forgive killers to relearning to believe in something greater than ourselves to understanding the importance of humility, each chapter encourages self-reflection and growth. Addicted to Outrage is more than one of Glenn Beck's old political books. It is a necessary guide for how Americans, right and left, must change to survive.

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