

## 2wB9X [GET] Managing Your Anger: Resolve Personal Conflicts, Experience Inner Peace, and Win the Battle for Your Mind

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Are You Ever Overwhelmed by Anger? Do you find yourself getting angry over daily events you have no control over? Has anger been an emotion you would like to do away with, but can't seem to overcome? Have past injustices left you wounded and upset? Rage is today's ruling emotion, and it rips apart communities, families and friends. Authors Neil Anderson and Rich Miller teach how you can manage your anger on a daily basis and overcome the mental strongholds and wounds of the past. Each page brings the strength and wisdom you need to take charge of your temper, armed with the calming grace of your heavenly Father. You don't have to be a slave to your moods or circumstances. When you live by faith in God's strength, you will not only know what to do to control anger—you'll have the power to do it.

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