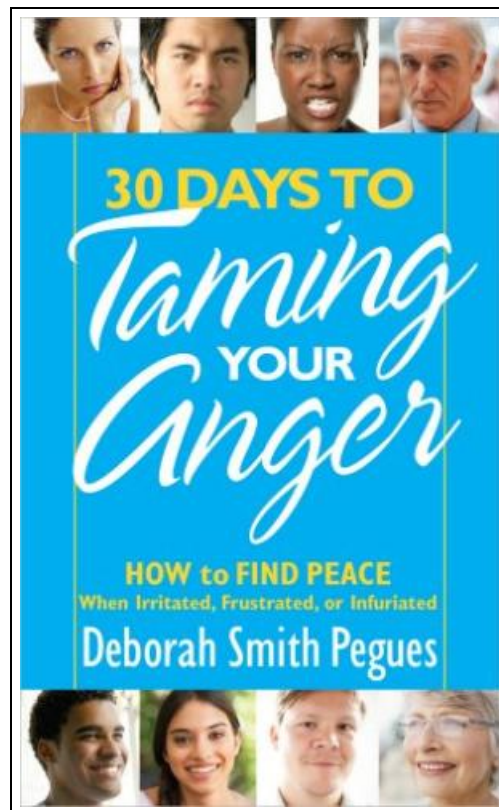


30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated (Paperback)



Filesize: 9.6 MB

Reviews

A must buy book if you need to adding benefit. Better then never, though i am quite late in start reading this one. I am very happy to inform you that this is basically the very best book we have study during my own life and could be he finest ebook for possibly.
(Rodger Hane)

30 DAYS TO TAMING YOUR ANGER: HOW TO FIND PEACE WHEN IRRITATED, FRUSTRATED, OR INFURIATED (PAPERBACK)

[DOWNLOAD PDF](#)

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 30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated \(Paperback\) Online](#)[Download PDF 30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated \(Paperback\)](#)

Relevant eBooks



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,...

[Read Book](#)

»



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...

[Read Book](#)

»



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

HarperOne, 1995. Condition: New. book.

[Read 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...

[Read Book](#)

»



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,...

[Read Book](#)

»



To Do List Notebook: Blank To Do List, To Do Agenda, Daily Task Pad, To Do List Notebook For Office, Agenda Notepad For Men, Women, Students & Kids, Cute Unicorns Cover (Paperback)

Createspace Independent Publishing Platform, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. Love the feeling of accomplishment when a task is ticked off your to do list? Then this journal is for

[Save](#) [Document](#)

»



Square Foot Gardening: The Simple Secrets to Building an Amazing Square Foot Garden with Less Space, Low Stress, and Maximum Results (Paperback)

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English. Brand new Book. Square Foot Gardening - The Beginners Crash Course The Simple Secrets to Building an Amazing Square Foot Garden with Less

[Save](#) [Document](#)

»



To Do List Notebook: Checklist Paper, To Do Journal, Daily To Do Pad, To Do List Task, Agenda Notepad For Men, Women, Students & Kids, Cute Barbershop Cover (Paperback)

Amazon Digital Services LLC - Kdp Print Us, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. Love the feeling of accomplishment when a task is ticked off your to do list? Then

[Save](#) [Document](#)

»



The Essential Guide to Telecommunication (Paperback)

Pearson Education (US), United States, 2019. Paperback. Condition: New. 6th edition. Language: English. Brand new Book. "Annabel Dodd has cogently untangled the wires and switches and technobabble of the telecommunications revolution and explained how the

[Save](#) [Document](#)

»



Summary of The First 90 Days, Updated and Expanded: Proven Strategies for Getting Up to Speed Faster and Smarter by Michael Watkins (Paperback)

Important Publishing, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. The First 90 Days, Updated and Expanded: Proven Strategies for Getting Up to Speed Faster and Smarter by Michael Watkins - Book

[Save](#) [Document](#)

»