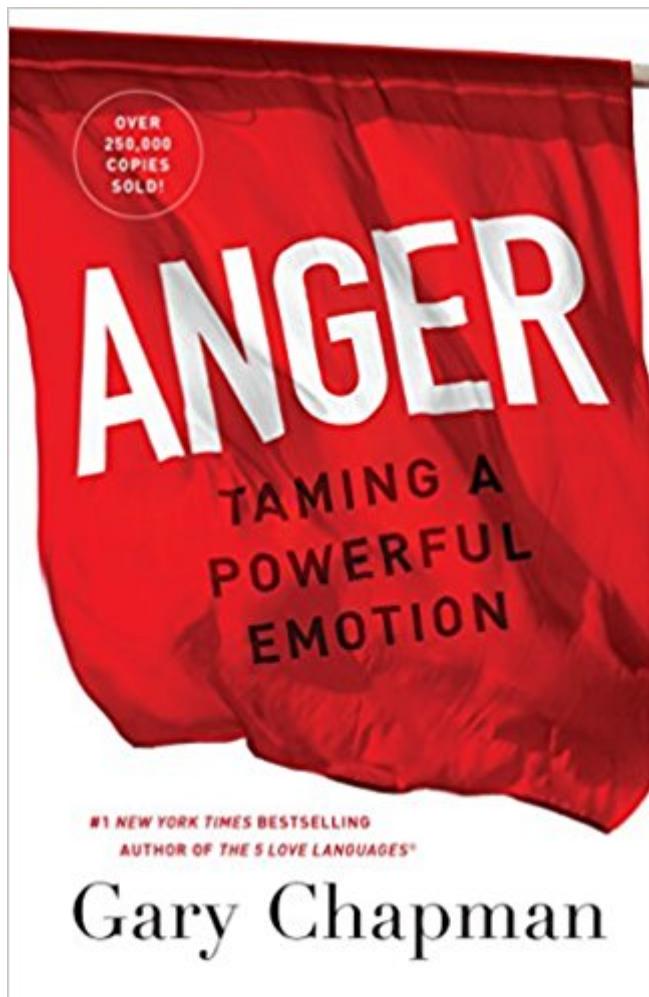


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# Anger: Taming A Powerful Emotion



## Synopsis

Help for anger management â  from NYT bestselling author Gary ChapmanAnger is a cruel master. If you struggle even a little with anger, you know how it feels to get mad too easily. To lash out at someone you love. To hold onto frustration. You might even notice others seem uneasy around you. You know anger is hurting your life, but you donâ t know how to fix it. There is hope. When you understand why you get angry and what to do about it, you can change the course of your life for the better. In Anger: Taming a Powerful Emotion, counselor Gary Chapman shares surprising insights about anger, its effect on relationships, and how to overcome it. His advice and real-life examples will help you: Understand yourself betterOvercome shame, denial, and bitterness Discern good anger from bad angerManage anger and conflict constructivelyÂ Make positive life changesLet go of your grudges and resentmentHelp others (like your children) deal with anger and moreWhether your anger is quiet or explosive, if itâ s clouding your judgment and hurtingÂ your relationships, it needs to go. Learn to handle anger in healthy ways, starting today. Gary Chapman is wise and empathetic, and he'll help you turn over a new leaf.

## Book Information

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## Customer Reviews

"Gary Chapman, best known for 5 Love Languages, will now be known for his superb book on Anger. All of us deal with anger. Anger can be thrown outward on everybody and everything or pushed inward mostly doing inner damage but eventually seeping out sideways and doing damage to others as well. Boundaries are crossed, relationships damaged and enormous stress wreck havoc within and throughout our lives. Chapman reveals the how and the why and more importantly

the what now and where do I go in practical ways to tame this emotion. This should be in every small group, Sunday school, or Wed night study starting up this fall. Bravo!!" Reviewed by David Sellers, Net Galley, Jun 8, 2015" In a world where anger is largely glorified and we all have come to accept it as not only a part of life, but a means to protect oneself, Mr. Chapman has clearly highlighted the way out of the cage this self destructive emotion holds so many of us in. Rather than ignoring it, this book shows you how to recognize it, deal with it, and no longer be controlled by it or our situations. Though this book does teach you about anger, it also frees yourself to enjoy the rest of your life."Reviewed by Christopher Havens, Net Galley, Jul 15, 2015

GARY CHAPMAN--author, speaker, counselor--has a passion for people and for helping them form lasting relationships. He is the #1 bestselling author of The 5 Love Languages series and director of Marriage and Family Life Consultants, Inc. Gary travels the world presenting seminars, and his radio programs air on more than 400 stations. For more information visit his website at [www.5lovelanguages.com](http://www.5lovelanguages.com).

If you are a good, loving and rational person who lives around other good loving and rational people and you occasionally feel anger but aren't known for being an angry person, then I believe this book will prove quite helpful to you. On the other hand, if you are someone who was raised in an abusive family (or lack of one) and have grown up with a brain that is hard-wired for angry and destructive behavior and despite all efforts, you feel like you will always have this "thorn," then I think this book will have some helpful points but you aren't really the intended audience here. As someone who falls into the latter category, I still think this is a good read and some of the practicals were helpful. I liked and have used the 5-step processes Dr Chapman presents for handling the two types of anger (essentially, justified and unjustified anger). And yet, that 5 step process is best played out in a near-perfect scenario. If you throw in young emotional children, a wife who is afraid of upsetting you because of your past behavior, a typical lifestyle of a busy family, or even a partner that isn't completely loving and rational, then things don't work out as nicely. I also appreciated Dr Chapman's stance on what anger is - not a sin to run far far away from, but rather a red-light telling you that something isn't right and you need to find out what that is and make peace with it. I find this is a healthy perspective on facing and working through anger. One option that Dr Chapman offers for working through anger is to "give it to God." I understand what he is trying to say there, but I wish he would flesh this concept out a bit more. It felt like this was something you do when all else fails and you have no where else to go - i.e. just "pray it away and you'll be fine." I suppose this is one more

clue that this book was written for a more reasonable balanced and loving audience rather than those who have deeper issues to uncover. For those like me, I'd like to recommend another book that has helped me greatly: *Why Can't I Change?: How to Conquer Your Self-Destructive Patterns*. All the best to those in their life-long journey to be more like Jesus.

Well written. Very clear and concise with examples stories. Loved the bible references. This book helped me control my passive aggressive behavior. Highly recommended.

I enjoyed reading this book. I especially liked the chapter on anger with your spouse. It showed simple ways to appropriately deal with anger and conflict. It is Christian-based so if you're not religious, this book is not for you.

I love this book and recommend it to anyone. Very good points and good reminders. Points out things I've forgot about and really hits home.

This book gave me a whole new perspective on anger and its origins. It Helped me to understand that anger has a purpose and it isn't evil. It was actually created to help us deal with wrong doing against us. This book also has helped me to evaluate whether my anger is distorted or definitive. I recommend this book to anyone who is finding it hard to deal with anger issues.

After reading this book I can see how I as a father have dealt with my sons anger wrong. I believe that he is a great Son and sometimes feels he is wrong. Yet in the past I have just blown him off because of how he reacted to his anger. Now we are going to work on that.

I have a huge anger problem and reading this book was very helpful and insightful for me. It has given me different ways to look at anger and find out why am I angry. I would recommend anyone to read this book. This book would be very helpful for anyone.

This book helped me see myself from a few different perspectives. I'm so glad I took my time reading this book as it helped in many areas of my marriage and family relationships.

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