



# Letting Go of Anger: How to Get Your Emotions Under Control

*Annie Chapman*

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For years musician and author Annie Chapman (*Entertaining Angels, 10 Things I Want My Husband to Know*) walked a tightrope. Outwardly calm, she felt anger seething behind her smile, waiting to erupt at the slightest provocation. But today peace permeates her life! What happened? With an compassionate heart, Annie offers others struggling with anger the insights she gained and the solution she found.

Acknowledging anger's power, Annie encourages perseverance: "For some, dealing with anger is simple and pain is resolved quickly. For others, healing requires intensive care by the Great Physician and hard work on our part." *Letting Go of Anger* helps readers...

- know what anger is
- identify its causes
- define their anger
- recognize warning signs
- draw on God's Word for wisdom

With Jesus' help, readers will discover how to let love heal their wounds, learn to forgive, and move forward in freedom.

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#### **Robert Price:**

Playing with family in the park, coming to see the marine world or hanging out with pals is thing that usually you might have done when you have spare time, after that why you don't try factor that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Letting Go of Anger: How to Get Your Emotions Under Control, you are able to enjoy both. It is fine combination right, you still want to miss it? What kind of hangout type is it? Oh occur its mind hangout fellas. What? Still don't have it, oh come on its known as reading friends.

#### **Clarice Stephens:**

The book untitled Letting Go of Anger: How to Get Your Emotions Under Control contain a lot of information on the idea. The writer explains her idea with easy approach. The language is very easy to understand all the people, so do not really worry, you can easy to read the item. The book was published by famous author. The author will bring you in the new period of literary works. It is easy to read this book because you can read more your smart phone, or program, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site and order it. Have a nice go through.

#### **Phillip Martin:**

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