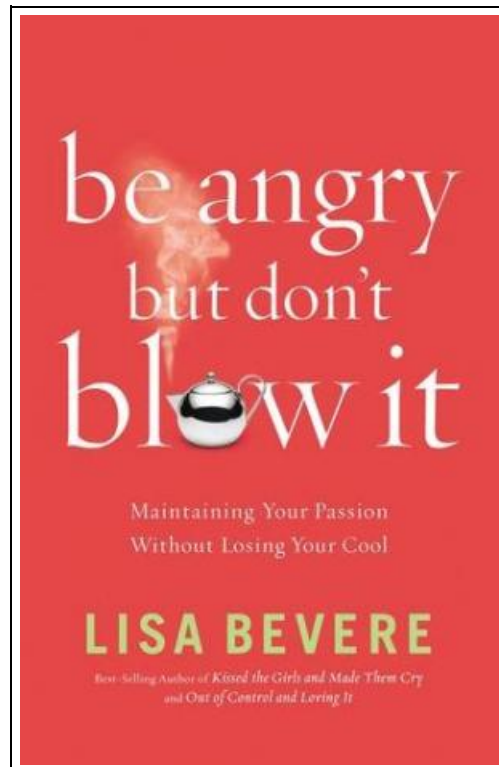


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(Art Gislason)

BE ANGRY BUT DON T BLOW IT (PAPERBACK)



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Thomas Nelson Publishers, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. Conflict - it s unavoidable. Therefore each of us must learn to manage it successfully. But what if we can t? What if anger has us out of control and out of hand? You re passionate and losing your cool. Or perhaps worse - you re depressed and wrought with fear because you ve turned the destructive force of rage on yourself. Lisa Bevere understands. Anger controlled her for years, exacting a devastating toll upon her life and relationships. Desperate, Lisa cried out to God . . . and found help. If you, too, are at a turning point - longing for change yet stuck in a whirlwind of fury and rage - Be Angry, But Don tBlow It will help you regain control. Sharing all she has learned about handling this powerful emotion, Lisa discusses how you can: Learn to say things so you ll be heardMove beyond mere apologies into genuine confession Yank the defiling root of bitternessFind forgiveness and release for yourself This book weaves Scriptures, prayers, and personal insights to create a practical guide that also includes a three-week program to help move you from destructive to constructive anger and recapture the healthy passion God wants you to have.



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