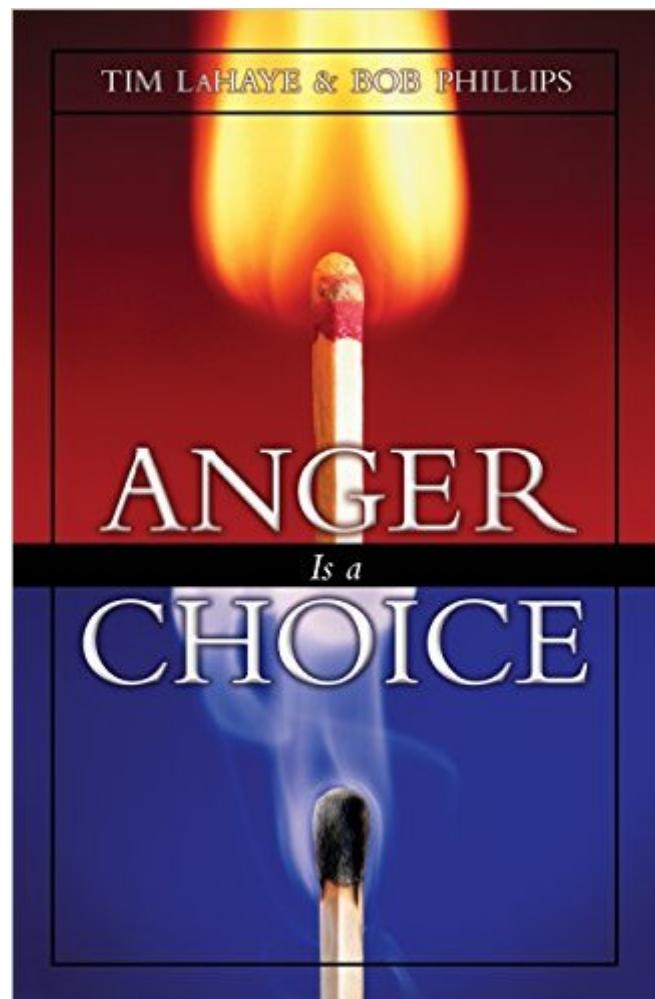


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# Anger Is A Choice



## Synopsis

What you need to know to control the emotion of anger and find healing for damaged relationships. Anger is something everyone struggles with--whether it's our own emotion threatening to explode out of control or the anger of others that makes us feel intimidated and afraid. But when we understand where anger comes from, how it shows or doesn't show, then we can do something about it. Either it will control us or we will control it, because Anger Is a Choice. Best-selling authors Tim LaHaye and Bob Phillips tell us what we need to know to control the emotion of anger. They not only examine it from beginning (its origins) to end (its effects), they also help us evaluate our own Irritability Quotient • through the Anger Inventory and other exercises throughout the book. In learning how to handle conflicts and anger, we are enabled to heal damaged relationships and help others deal with their anger as well. We can make our lives more peaceful, rewarding, and meaningful by putting anger in its proper place and under our own control. Topics include: \* Meet the angry family \* Anger and body language \* Anger and your health \* Anger and your temperament \* Is it ever right to be angry? \* Anger and forgiveness \* Anger in the Bible

## Book Information

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## Customer Reviews

"A man's wisdom gives him patience; it is his glory to overlook an offense." ~ Proverbs 19:11 Anger is a very damaging emotion. It could lead to your death or the death of someone you love. This is especially true when someone experiences out-of-control anger and they express their emotions physically. Tim Lahaye and Bob Phillips explore all the ways anger manifests itself in society (media rage, school rage, sports rage) and briefly talk about how anger appears in more subtle forms like

resentment and in body language. To be honest this book is the most detailed account of anger I've ever read. There are also some excellent practical techniques for dealing with strong emotions. One of the most interesting parts of this book is the section on how the four basic temperaments deal with anger. You will instantly recognize yourself or someone you love. In the end "Anger is a Choice" is not about never feeling anger again it is about learning to deal with anger in a positive way. One of the things I've found most helpful in regard to anger is to immediately do something positive for the person you are angry with. In combination with conjuring up a feeling of love and forgiveness this will dissolve any anger you may have. It seems to me that love and negative emotions cannot reside in a body at the same time because love takes over. Negative emotions can also obviously ruin your health so they are to be avoided at all costs. If you are struggling with anger then this book will also give you advice on how to find a good counselor. While the ideas in this book may be effective enough to get your anger under control there is something to be said for having someone to talk to about what you are feeling.

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