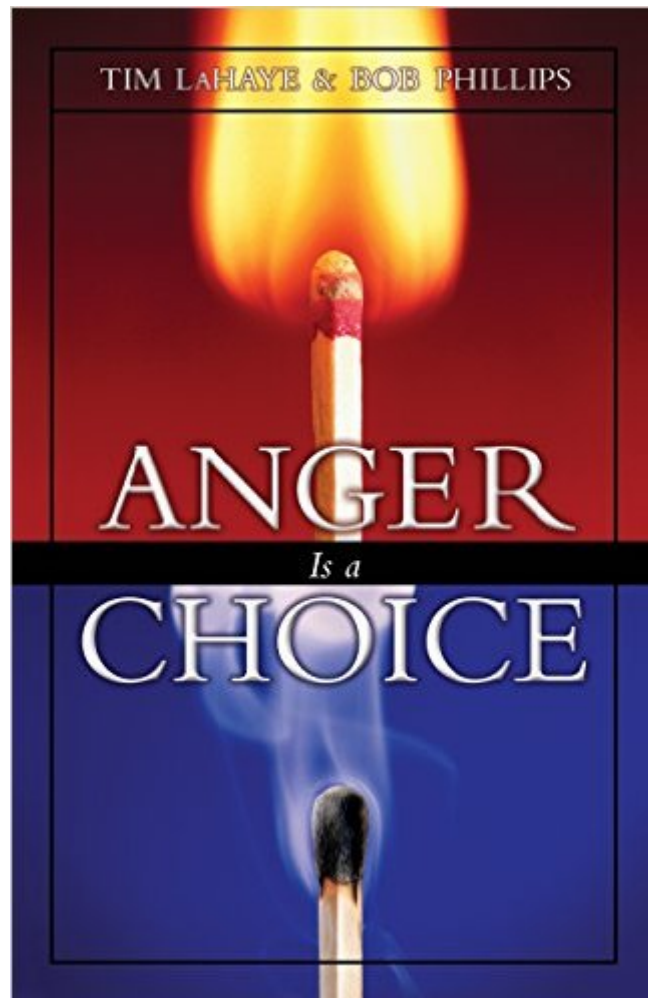


The book was found

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

Paperback: 205 pages

Publisher: Zondervan; Updated edition (January 1, 2002)

Language: English

ISBN-10: 0310242835

ISBN-13: 978-0310242833

Product Dimensions: 5.5 x 0.6 x 8.6 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (31 customer reviews)

Best Sellers Rank: #177,495 in Books (See Top 100 in Books) #96 in Books > Self-Help > Anger Management #980 in Books > Christian Books & Bibles > Christian Living > Self Help #1182 in Books > Christian Books & Bibles > Christian Living > Personal Growth

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.

[Download to continue reading...](#)

Anger Experiences: Group Leader Workbook (Anger Management) (Volume 2) Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life The Anger Workbook: An Interactive Guide to Anger Management Anger Management for Everyone: Seven Proven Ways to Control Anger and Live a Happier Life The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Letting Go of Anger: The Eleven Most Common Anger Styles And What to Do About Them The Heart of Anger: Practical Help for the Prevention and Cure of Anger in Children ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life Anger Is a Choice How to Handle Your Emotions: Anger, Depression, Fear, Grief, Rejection, Self-Worth (Counseling Through the Bible Series) Good and Angry: Redeeming Anger, Irritation, Complaining, and Bitterness The Demotivational Book: Just F*cking Color - Part 2 - The Adult Book of Hidden Swear Words, Curse Words & Demotivational Thoughts! (Adult Books, Swear ... your anger) (Shut the F*ck Up and Color 6) Color to Release Your Anger (BLACK & WHITE Special Edition): The SPECIAL EDITION Adult Book with 80+ Intense 3D Swear Word Book Pages (Adult Books, Books ... Swear Word Books) (Just F*cking Color 4) A Volcano in My Tummy: Helping Children to Handle

Anger SOS Help for Emotions: Managing Anxiety, Anger, and Depression (Revised 2014)

Depression-Free, Naturally: 7 Weeks to Eliminating Anxiety, Despair, Fatigue, and Anger from Your

Life Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety,

Depression, Obsessiveness, Anger, and Impulsiveness What to Do When Your Temper Flares: A

Kid's Guide to Overcoming Problems With Anger (What to Do Guides for Kids)

[Dmca](#)