



## Anger: Taming a Powerful Emotion

By Gary Chapman

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**Anger: Taming a Powerful Emotion** By Gary Chapman

**Help for anger management — from *NYT* bestselling author Gary Chapman**

Anger 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 don'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 better
- Overcome shame, denial, and bitterness
- Discern good anger from bad anger
- Manage anger and conflict constructively
- Make positive life changes
- Let go of your grudges and resentment
- Help others (like your children) deal with anger

*and more*

Whether your anger is quiet or explosive, if it's clouding your judgment and hurting 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.

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## **Anger: Taming a Powerful Emotion By Gary Chapman Bibliography**

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### Editorial Review

#### Review

"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*

#### About the Author

**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).

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#### Micheal Summers:

Do you have favorite book? If you have, what is your favorite's book? Guide is very important thing for us to be aware of everything in the world. Each reserve has different aim or goal; it means that reserve has different type. Some people truly feel enjoy to spend their a chance to read a book. They may be reading whatever they consider because their hobby will be reading a book. Why not the person who don't like looking at a book? Sometime, individual feel need book after they found difficult problem or perhaps exercise. Well, probably you will want this Anger: Taming a Powerful Emotion.

**Vernie Ruiz:**

Do you one among people who can't read satisfying if the sentence chained within the straightway, hold on guys this kind of aren't like that. This Anger: Taming a Powerful Emotion book is readable simply by you who hate those straight word style. You will find the data here are arrange for enjoyable studying experience without leaving even decrease the knowledge that want to deliver to you. The writer associated with Anger: Taming a Powerful Emotion content conveys the idea easily to understand by a lot of people. The printed and e-book are not different in the written content but it just different by means of it. So , do you even now thinking Anger: Taming a Powerful Emotion is not loveable to be your top checklist reading book?

**Douglas Anderson:**

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**Tara Smith:**

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