



Be Angry, but Don't Blow It!: Maintaining Your Passion Without Losing Your Cool

By Lisa Bevere

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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't Blow 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 heard
- Move beyond mere apologies into genuine confession
- Yank the defiling root of bitterness
- Find 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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Editorial Review

About the Author

Lisa Bevere is an internationally known speaker and the best-selling author of *Fight Like a Girl, Kissed the Girls and Made Them Cry*, *Out of Control and Loving It!* and *Be Angry But Don't Blow It!* Her books have helped thousands of women of all ages find purity and restoration through Jesus Christ. She challenges others to embrace fearless living, find freedom, and realize they are an answer and not a problem. She has empowered and released women to experience wholeness and realize both their destiny and legacy. In addition to national and international conferences, Lisa is a frequent guest on television programs such as *Life Today* and radio shows like *Focus on the Family* and *Family Life Today*. She co-hosts the television program *The Messenger* with her husband, John, which broadcasts to more than 200 nations. When she is not out "fighting like a girl," she makes her home in Colorado Springs with her amazing husband and four sons.

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