



Breaking Free from Anger and Unforgiveness: A Biblical Strategy to Conquer Destructive Reactions

By Linda Mintle

CREATION HOUSE, United States, 2002. Paperback. Book Condition: New. 160 x 112 mm. Language: English . Brand New Book. Anger happens; it's part of being human. But it does not need to control our ruin your life! Learn to express anger in a healthy way that brings positive results. Whether you are seriously out of control, hot-tempered or easily annoyed, now you can break free from the grip of anger. Learn life-changing strategies for healthy anger expression. Identify anger triggers and explore ways to deal with them. Examine biblical guidelines for expressing anger. God has important things to say about anger! Let these encouraging words speak to your heart as you begin making positive choices and changes.

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