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Anger Is a Choice

Tim LaHaye, Bob Phillips

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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

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