



# Letting Go of Anger: How to Get Your Emotions Under Control

*Annie Chapman*

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## **Letting Go of Anger: How to Get Your Emotions Under Control** Annie Chapman

For years musician and author Annie Chapman (*Entertaining Angels, 10 Things I Want My Husband to Know*) walked a tightrope. Outwardly calm, she felt anger seething behind her smile, waiting to erupt at the slightest provocation. But today peace permeates her life! What happened? With an compassionate heart, Annie offers others struggling with anger the insights she gained and the solution she found.

Acknowledging anger's power, Annie encourages perseverance: "For some, dealing with anger is simple and pain is resolved quickly. For others, healing requires intensive care by the Great Physician and hard work on our part." *Letting Go of Anger* helps readers...

- know what anger is
- identify its causes
- define their anger
- recognize warning signs
- draw on God's Word for wisdom

With Jesus' help, readers will discover how to let love heal their wounds, learn to forgive, and move forward in freedom.

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A lot of people always spent their very own free time to vacation as well as go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity that is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book which you read you can spent 24 hours a day to reading a book. The book Letting Go of Anger: How to Get Your Emotions Under Control it is rather good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. If you did not have enough space to develop this book you can buy the actual e-book. You can m0ore simply to read this book through your smart phone. The price is not very costly but this book has high quality.

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