



Overcoming Hurts & Anger: Finding Freedom from Negative Emotions

Dwight L. Carlson

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With its updated cover, the classic bestseller *Overcoming Hurts & Anger* (500,000 copies sold) continues to help readers find the love and acceptance they long for by teaching them how to handle strong emotions constructively.

God-given emotions help people evaluate and cope with the world around them. But when they're intense they can be overwhelming and harmful. And often Christians are told to ignore their anger and "be happy." Packed with real-life illustrations from Dr. Carlson's counseling practice, *Overcoming Hurts & Anger* encourages readers as they discover:

- why feeling angry is normal and acceptable
- what happens when anger and hurts are mishandled
- what the Bible really says about anger
- how to handle strong emotions step-by-step
- how anger and forgiveness interact

In easy-to-understand language, Dwight shows readers how to approach people and circumstances in ways that keep communication open, handle problems as they arise, and keep God's love, mercy, and grace flowing.

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Karen Strickland:

As people who live in typically the modest era should be up-date about what going on or details even knowledge to make these keep up with the era which is always change and move forward. Some of you maybe can update themselves by examining books. It is a good choice for yourself but the problems coming to an individual is you don't know what one you should start with. This Overcoming Hurts & Anger: Finding Freedom from Negative Emotions is our recommendation so you keep up with the world. Why, because this book serves what you want and need in this era.

Julie Bell:

The feeling that you get from Overcoming Hurts & Anger: Finding Freedom from Negative Emotions is a more deep you searching the information that hide inside words the more you get enthusiastic about reading it. It does not mean that this book is hard to understand but Overcoming Hurts & Anger: Finding Freedom from Negative Emotions giving you buzz feeling of reading. The author conveys their point in selected way that can be understood by means of anyone who read it because the author of this book is well-known enough. This kind of book also makes your current vocabulary increase well. Therefore it is easy to understand then can go along, both in printed or e-book style are available. We propose you for having this kind of Overcoming Hurts & Anger: Finding Freedom from Negative Emotions instantly.

Carl Speed:

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