



Overcoming Hurts and Anger

Dwight 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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Philip Logan:

Information is provisions for individuals to get better life, information these days can get by anyone on everywhere. The information can be a expertise or any news even an issue. What people must be consider if those information which is inside the former life are challenging to be find than now could be taking seriously which one is suitable to believe or which one the particular resource are convinced. If you get the unstable resource then you have it as your main information you will see huge disadvantage for you. All of those possibilities will not happen inside you if you take Overcoming Hurts and Anger as the daily resource information.

Laurel Ramer:

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Maria Lamotte:

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