



The Answer to Anger: Practical Steps to Temper Fiery Emotions

June Hunt

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June Hunt—a popular biblical counselor whose books have sold more than 250,000 copies—provides expert guidance and encouragement for those who want to overcome their anger issues.

What's tricky about anger is how it can erupt unexpectedly. When it bursts forth, people are unsure of how to handle it. They're told anger is always bad, so they stuff it, mask it, and even medicate it to keep it from surfacing again. But in doing so, they never get to the root of the problem and learn constructive ways for dealing with it.

The Answer to Anger provides clear, compassionate counsel for mastering this emotion. Readers will discover...

- the four sources of anger
- how to identify anger triggers
- how to deal with buried anger
- how to respond to angry people
- how to *act* positively rather than *react* negatively

A great resource for learning how to replace anger with freedom and real peace.

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