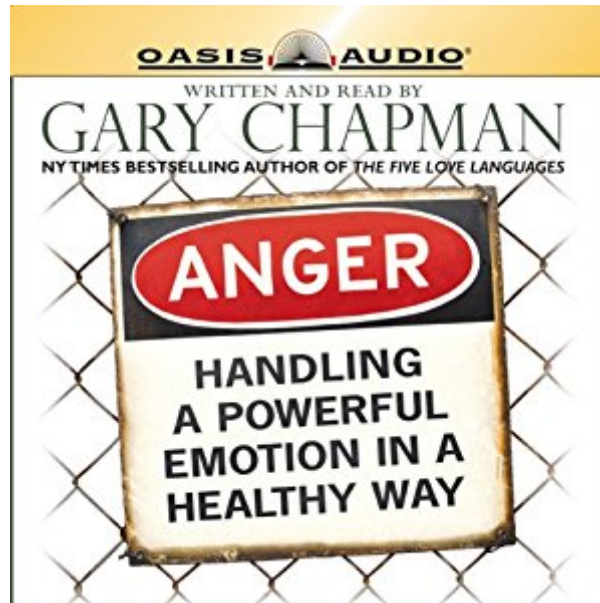


The book was found

# Anger: Handling A Powerful Emotion In A Healthy Way



## Synopsis

CAGE THE RAGE WITH CLARITY AND CONFIDENCE. A relative makes a tactless comment about your child's weight. The guy behind you on the expressway follows too closely. Your spouse lets the gas tank go down to empty . . . again. Getting angry is easy. Daily irritations, frustrations, and pain poke at us. Feelings of disappointment, hurt, rejection, and embarrassment prod in us. And once the unwieldy cluster of emotions of anger are aroused, our thoughts and actions can feel out of control and impossible to manage. Dr. Gary Chapman, #1 New York Times bestselling author of *The 5 Love Languages*®, offers helpful-and sometimes surprising-insights into why you get angry and what you can do about it. Using real-life stories and practical principles, Chapman explains how you can channel anger in ways that are healthy and productive. You'll also be equipped to help those you love (including your children) deal with their own anger, as well as effectively deal with those long-simmering feelings of anger toward people in your past. Includes an assessment that will help you discover your personal propensity toward handling anger and how to effectively tame it when it arises. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

Chapman begins his book by defining anger. He states it is "a response to some event or situation in life that causes us irritation, frustration, pain, other displeasure." Chapman continues: "Anger is fed by feelings of disappointment, hurt, rejection, and embarrassment. Anger pits you against the person, place, or thing that sparked the emotion. It is the opposite of the feeling of love. Love draws you toward the person; anger sets you against the person." Chapman also establishes, early in the

book, that not all anger is bad. In fact, Chapman asserts, it is the proper reaction to injustice and evil. Chapman writes: "...each of us has on some level a concern for righteousness, fairness, and justice. Whenever we encounter that which we believe to be unrighteous, unkind, or unjust, we experience anger. I believe that in God's design this anger is to motivate us to take positive, loving action to seek to set the wrong right; and where there has been a relationship, to restore the relationship with the wrongdoer." Chapman is careful to add that this does not give us license to "do destructive things" or to hurt those who wronged us. Rather he is merely explaining that anger "originates in the perception that something is wrong." Chapman then makes a key distinction between two different types of anger: definitive and distorted. Definitive anger is when we've been wronged and are angry for good reason. If someone cheats us in a business deal, pokes us in the eye with a sharp stick for no good reason or lobs live hand grenades at our vehicle while we're driving home from work we would probably be angry - and for good reason! These are all examples of definitive anger and are valid reasons for getting angry.

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