



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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In this period globalization it is important to someone to get information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information simpler to share. You can find a lot of recommendations to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher which print many kinds of book. The actual book that recommended for your requirements is Overcoming Hurts & Anger: Finding Freedom from Negative Emotions this book consist a lot of the information in the condition of this world now. This specific book was represented how can the world has grown up. The dialect styles that writer use for explain it is easy to understand. The actual writer made some analysis when he makes this book. This is why this book suitable all of you.

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