



Anger: Taming a Powerful Emotion

Gary D. Chapman

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Are you handling your anger, or is your anger handling you?

Life is full of frustrations—some big, some little. And while you might not be ready to blow a gasket, it's easy to get angry in the wake of rejection, hurt, or embarrassment—and anger can have a really tight grip.

In *Anger: Taming a Powerful Emotion*, Dr. Gary Chapman offers helpful (and sometimes surprising) insights into why you get angry and what you can do about it. Using real-life examples of transformed lives and relationships, Chapman explains how to:

- Recognize the difference between "bad" and "good" anger
- Use anger to motivate you toward positive change
- Release long-simmering resentment
- Teach others (like your children) how to deal with anger

Anger is a reality of life, but it doesn't have to control our lives. Learn how to handle anger and use it for good.

Includes reflection questions in each chapter; a 13-session discussion guide that's perfect for small groups, workplace studies, and book clubs; and a personal anger assessment designed to help you see how you manage anger.

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