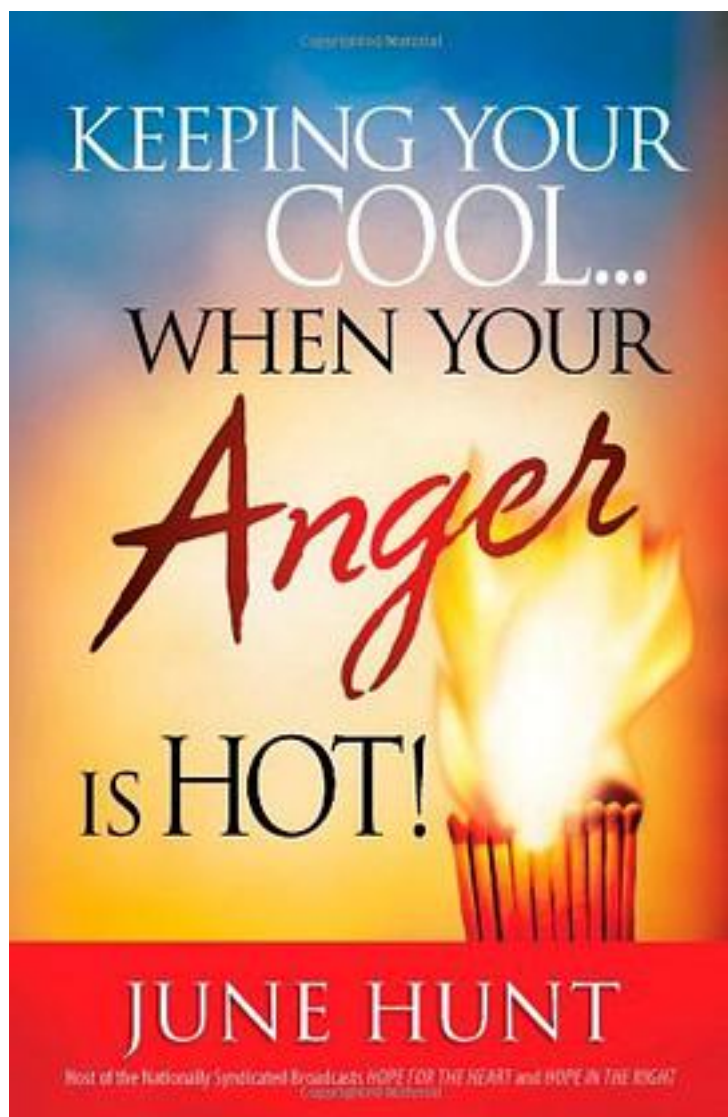


Keeping Your Cool...When Your Anger Is Hot!



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Popular biblical counselor June Hunt, heard on the award-winning "Hope for the Heart" broadcast nationwide and in 25 countries, gives biblical and compassionate guidance on the sensitive topic of anger. The fiery emotion of anger often causes us to say and do things we later regret. And try as we might, it's an emotion that's tough to control. How can we prevail? June helps readers carefully explore the various causes and kinds of anger and the biblical steps toward resolution. Readers will learn ...how to identify the triggers of anger; ways of dealing with past angers buried deep in the heart; what the Bible says about righteous and unrighteous anger; and, how to bring about real and lasting change. This book brings together a rare combination of forthrightness and gentleness that will effectively lead readers to surrender their anger to God and enjoy greater forgiveness and peace.

作者介绍:

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