

Download Anger Taming A Powerful Emotion

Anger: Taming a Powerful Emotion [Gary Chapman] on Amazon.com. *FREE* shipping on qualifying offers. Help for anger management — from NYT bestselling author Gary Chapman Anger is a cruel master. If you struggle even a little with anger Help for anger management — from NYT bestselling author Gary Chapman. Anger is a cruel master. If you struggle even a little with anger, you know how it feels to get mad too easily. To lash out at someone you love. To hold onto frustration. You might even notice others seem uneasy around you. The dictionary describes anger as "a strong passion or emotion of displeasure, and usually antagonism, excited by a sense of injury or insult.". Although we normally think of anger as an emotion, it is in reality a cluster of emotions involving the body, the mind, and the will. Anger: Taming a Powerful Emotion, updated. Many of us struggle with anger issues. We are angry at ourselves, family members, bosses, friends, co-workers, and neighbors. And when you toss in the everyday frustrations and annoyances of life - it's a recipe for disaster. Once aroused, anger can unleash a cluster of feelings and emotions...