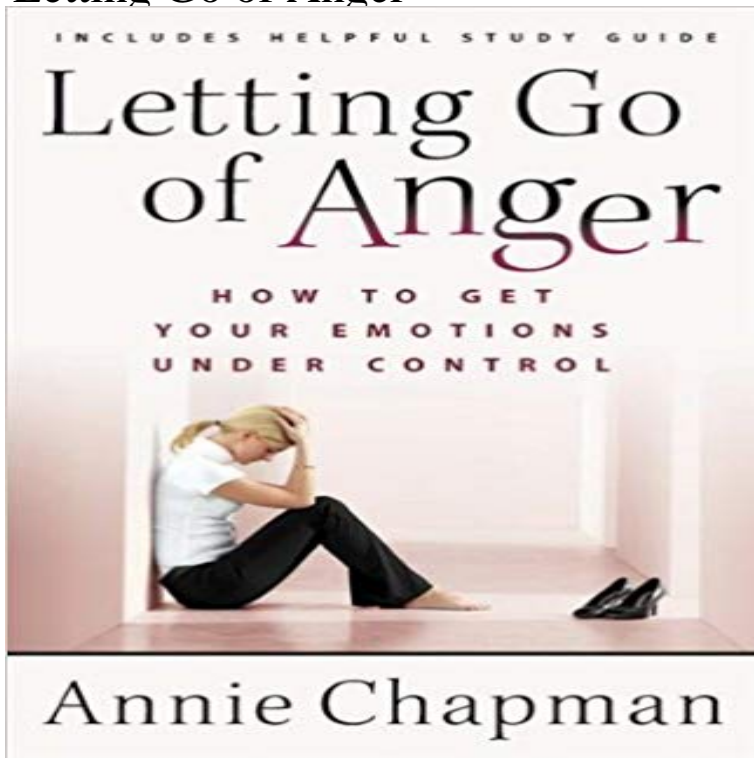


Letting Go of Anger



For years musician and author Annie Chapman (Entertaining Angels, 10 Things I Want My Husband to Know) walked a tightrope. Outwardly calm, she felt anger seething behind her smile, waiting to erupt at the slightest provocation. But today peace permeates her life! What happened? With an compassionate heart, Annie offers others struggling with anger the insights she gained and the solution she found. Acknowledging anger's power, Annie encourages perseverance: For some, dealing with anger is simple and pain is resolved quickly. For others, healing requires intensive care by the Great Physician and hard work on our part. Letting Go of Anger helps readers know what anger is, identify its causes, define their anger, recognize warning signs, draw on God's Word for wisdom. With Jesus help, readers will discover how to let love heal their wounds, learn to forgive, and move forward in freedom.

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Letting Go of Anger

2016 I was so angry that my hands were shaking. There were two of them, and two of me one of which was still in the oven, yet I couldnt let it go. **8 Ways to Let Go of Anger and Stay Calm in Frustrating Situations** When we dont allow ourselves to examine anger and get to the bottom of why we feel that way, it can manifest in many ways. Heres how to let go of anger.

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