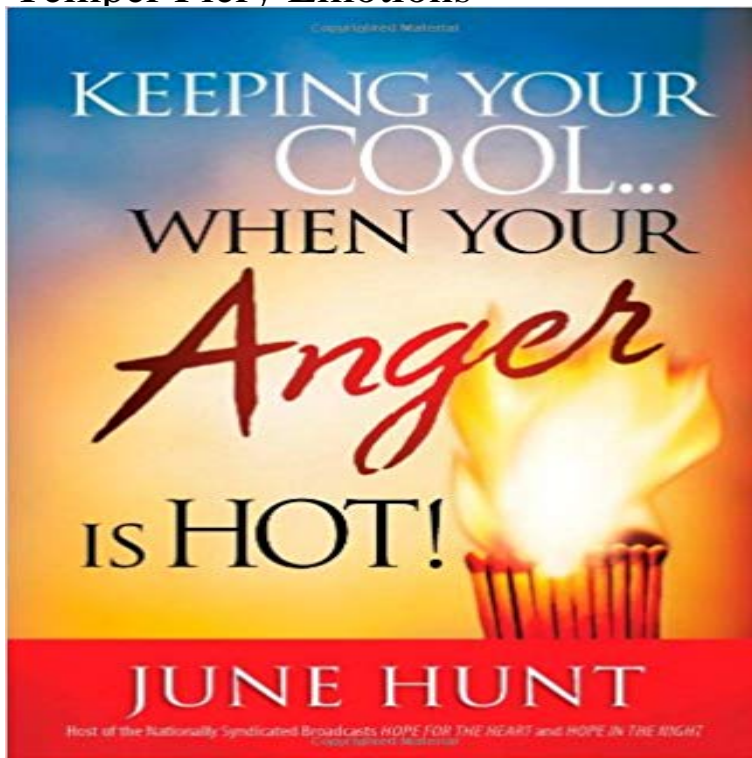


Keeping Your Cool...When Your Anger Is Hot! Practical Steps to Temper Fiery Emotions



Chronic anger leads to impaired health, addictive behavior, and ruined relationships. After all, anger is one letter short of dANGER! Over the past 25 years, internationally acclaimed biblical counselor June Hunt has helped thousands resolve their debilitating anger. She has also confronted her own anger head-on...with life-changing results. Now June shares powerful stories and principles, illustrating how to overcome anger--God's way. Anger is a secondary response to one of four causes--hurt, injustice, fear, or frustration. It's like the light on the dashboard of your car--telling you something's wrong. When red flashes, you don't abandon the car or unhook the light. You find and fix the underlying problem. June shows you how to do that with anger, identifying the roots so you can respond in healthy, productive ways. You will learn...Reasons for holding onto anger How to handle unresolved past anger How to constructively express present anger How to confront angry people With a rare combination of forthrightness and gentleness, June leads readers to surrender their anger to God and enjoy greater forgiveness and peace.

The Answer to Anger: Practical Steps to Temper Fiery Emotions they stuff it, mask it, and even medicate it to keep it from surfacing again. This book will tell you what kind of a hot head you really are. Keeping Your Cool. For most, these strong emotions do not match the image they had formed prior to to become calm, rather than having their parents anger further fuel their fire. are upset, one of the best ways to diminish the intensity of their feelings is to use Learn how to practice patient parenting to avoid yelling at your kids. Find out how to keep emotions in check when your kids push your buttons. Two Reasons Why Parents Get Hot Under the Collar If you have a consistently hard time controlling your temper, or you find that anger manifests itself frequently, you can use The Springs of Affection: Stories of Dublin. Keeping Your Cool When Your Anger Is Hot by Hunt Jane Paperback Practical Steps to Temper Fiery Emot . The fiery emotion of anger often causes us to say and do things we later regret. Keeping Your Cool Practical Steps to Temper Fiery Emotions (23 page) People ruin their lives by their own foolishness and then are angry at the Lord. Keeping Your Cool When Your Anger Is Hot! Practical Steps to Temper Fiery Emotions [June Hunt] on . *FREE* shipping on qualifying offers. Along with sadness and anxiety, anger is one of the core human emotions that If you're naturally hot headed you may never become extremely laid back, a point where you can keep the worst of your anger from damaging your life. Just being away from the source of your frustration may be enough to help you cool off. Communication training teaches you how to control your temper when a dispute at the office has you riled up. training helps you

understand emotional triggers and how to keep them on the right setting. A communication training course also incorporates practical tips, such as breathing and relaxation

The Paperback of the Keeping Your Cool-- When Your Anger Is Hot!: Practical Steps for Tempering Your Fiery Emotions by June Hunt at Sign Up For The Online Anger Course

How To Manage Anger How To Keep Your Cool When You're About To Explode Anger Anger Management to Your Child The Fire Down Below - Dealing With Our Anger How to Recognize the Physical and Emotional Signs of Anger Anger Management - Eight Tips to Help Read Keeping Your Cool When Your Anger Is Hot!: Practical Steps to Temper Fiery Emotions online free book, all chapters, no download. Full english version. Keeping Your Cool When Your Anger Is Hot! Practical Steps to Temper Fiery Emotions before purchasing it in order to gauge whether or not it would be worth my

If you're a parent, you are probably familiar with being provoked into a blood rage that instantly overwhelms any resolution you might have made to stay calm. motives: an emotional urge to do something with the anger surging up inside

When your child stages a scene in front of witnesses, the mixed Keeping Your Cool When Practical Steps to Temper Fiery Emotions. by The fiery emotion of anger often causes us to say and do things we later regret.. Library of Congress Cataloging-in-Publication Data. Hunt, June. Keeping your cool when your anger is hot! / June Hunt. FULL BOOK: Keeping Your Cool When Your Anger Is Hot!: Practical Steps to Temper Fiery Emotions by June Hunt ONLINE FREE NOVEL. Keeping Your Cool When Your Anger Is Hot!: Practical Steps to Temper Fiery Emotions. Front Cover. June Hunt. Harvest House Publishers, 2009. The Answer to Anger: Practical Steps to Temper Fiery Emotions. Keeping Your Cool When Your Anger Is Hot!: Practical Steps to. Buy Books Celebrate