



HURT PEOPLE HURT PEOPLE - Getting a Grip on Anger

By Chester W. Wood

Xulon Press. Paperback. Book Condition: New. Paperback. 80 pages. Dimensions: 10.8in. x 8.1in. x 0.4in. We have heard from childhood, Don't get angry. A bumper sticker reads, If you are not angry you haven't been paying attention. Anger is as much a normal part of us as is breathing. It is a response that lets us know something is wrong and something should be done. A healthy reaction often leads to resolution while inappropriate measures tend to make the matter worse. HURT PEOPLE HURT PEOPLE. A hurt, angry person often lashes out hurting other people. Anger is not the problem. The way we deal with our anger can become a problem. We all have issues that cause pain and anger. Learning the sources of anger and developing healthy responses to it can greatly improve our relationship with others and enhance our walk with the Lord. Anger is not the problem. Jesus was angry when he cleared the Temple. Be angry and sin not; Eph. 4. 26 Chester W. Wood has worked with adults and children dealing with anger issues for over 30 years. A native Floridian, he graduated The Baptist College of Florida in Theology, Manatee Community College and attended the...



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