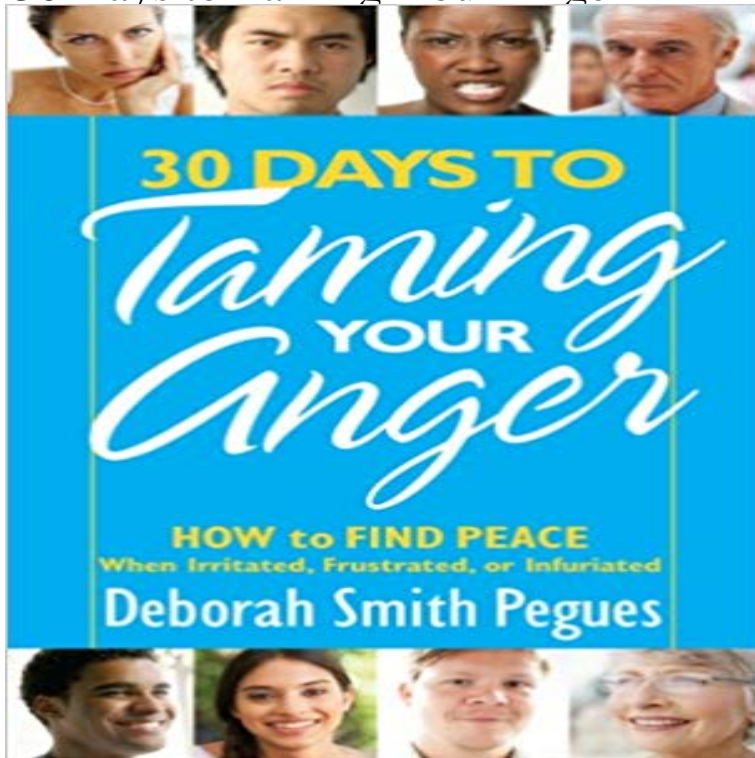


## 30 Days to Taming Your Anger



From Deborah Smith Pegues, popular author of *30 Days to Taming Your Tongue* (more than 500,000 sold), comes an indispensable guide for overcoming anger and frustration. Using biblical and modern-day stories, Pegues helps readers identify the destructive habits that rob men and women of life's fullness and derail their personal and professional relationships. Readers will discover anger-taming strategies such as extending grace to others; conquering perfectionism; and learning to laugh at themselves. *30 Days to Taming Your Anger* provides Scripture-based principles, heart-searching personal challenges, and healing prayers that point readers to a new sense of freedom.

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