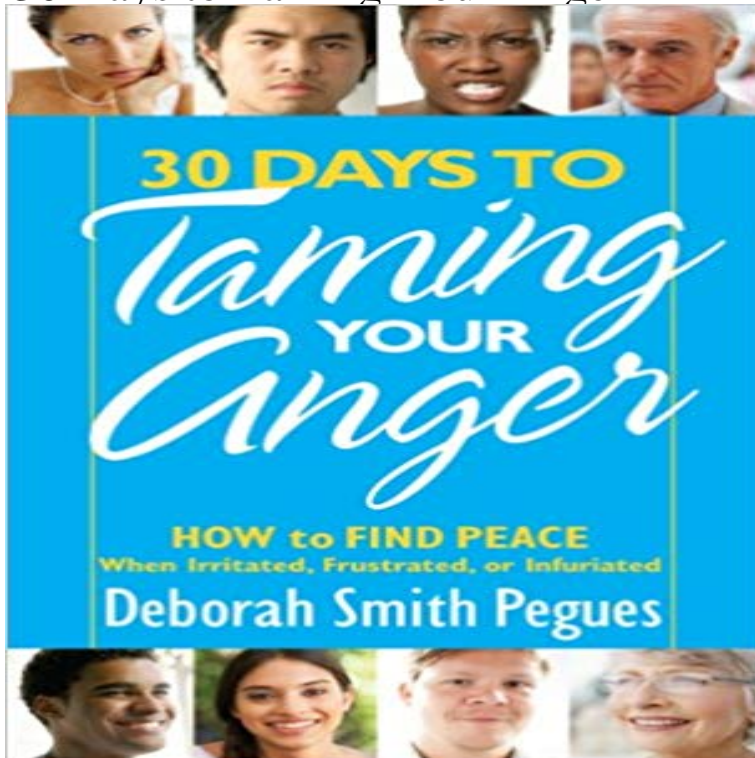


30 Days to Taming Your Anger



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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