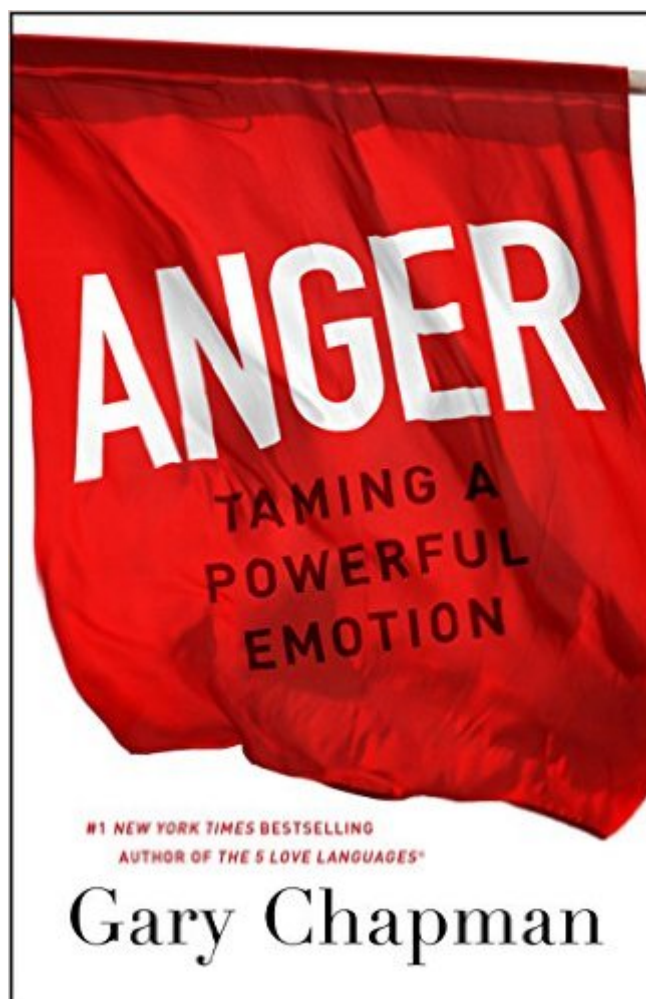


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# Anger: Taming A Powerful Emotion



## Synopsis

Are you handling your anger, or is your anger handling you? Life is full of frustrations—some big, some little. And while you might not be ready to blow a gasket, it's easy to get angry in the wake of rejection, hurt, or embarrassment—and anger can have a really tight grip. In *Anger: Taming a Powerful Emotion*, Dr. Gary Chapman offers helpful (and sometimes surprising) insights into why you get angry and what you can do about it. Using real-life examples of transformed lives and relationships, Chapman explains how to:

- Recognize the difference between "bad" and "good" anger
- Use anger to motivate you toward positive change
- Release long-simmering resentment
- Teach others (like your children) how to deal with anger

Anger is a reality of life, but it doesn't have to control our lives. Learn how to handle anger and use it for good. Includes reflection questions in each chapter; a 13-session discussion guide that's perfect for small groups, workplace studies, and book clubs; and a personal anger assessment designed to help you see how you manage anger.

## Book Information

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## Customer Reviews

Anger gets a bad rap. It's often pictured as wild, out of control, and consuming. Think about the latest Disney movie, *Inside Out*. Anger is depicted as short (denoting little patience), red (a fiery, bold color), gruff, and easily knocked out of control. But if anger could be a good thing? With that bold premise, Gary Chapman, best known for his *Five Love Languages* books, tackles the topic of anger and how to control it. Gary Chapman's first couple of chapters builds the argument that anger is not inherently negative, but can be controlled and tamed and released positively. Anger, he

writes, is something that we experience because we are made in the image of God and God experiences anger as well. However, God's anger is wholly positive and just, an appropriate reaction to sin or injustice. We, as fallen creatures, have perverted anger to make it something negative and petty. Anger, therefore, should stem from our sense of moral concern. It should arise in us when our sense of morality is shaken. He talks about the righteous anger of Jesus, the anger against drunk driving that led to the creation of Mothers Against Drunk Driving, the anger against slavery that led to its abolition, and more. Anger, properly controlled, is a powerful force for good. The following chapters deal with different aspects of anger, from how to control and release good anger to how to control and restrain bad anger. Chapman also discusses specific relationships: anger against God, anger against a spouse, even anger against oneself. He covers both quick-tempered anger that builds quickly and festering grudges that slowly poison. One of my favorite chapters is his chapter on teaching children how to handle anger (it applies to us older ones too!).

Gary Chapman is an evangelical Christian counselor. This book is about how people can handle anger. According to Chapman, anger is something that God has given us, for it can entail being upset at injustice, and this can lead to change for the good. At the same time, Chapman acknowledges that anger is not always about injustice, for it can be about personal inconvenience, or it can result from a misunderstanding. Chapman states that there are at least two ways to deal with anger at a person. First, one can hold the anger back and give the person over to God, who is just, compassionate, and aware of where people are. Proverbs 29:11, after all, states that the wise quietly hold back their anger. Chapman later criticizes bottling anger up and letting it implode; whether that contradicts this piece of his advice, I do not know. Second, one can tactfully confront the person, which accords with other biblical passages, particularly in the Gospel of Matthew. Confrontation provides the offender with an opportunity to apologize, repent, and try to change his or her behavior, or to offer clarification in case of misunderstanding. Chapman also discusses strategies in dealing with angry people: the key here, according to Chapman, is to listen to the angry person. This, I think, is an important insight, for an angry person can easily alienate other people and be in a state of loneliness and isolation. There is a rhyme and reason to what Chapman recommends. I, for one, struggle with confronting people, but I can understand why Chapman would recommend such a course. For a variety of reasons, however, I am doubtful that such a course will always make a person feel better, for it is not a one-size-fits-all strategy.

If you are a good, loving and rational person who lives around other good loving and rational people and you occasionally feel anger but aren't known for being an angry person, then I believe this book will prove quite helpful to you. On the other hand, if you are someone who was raised in an abusive family (or lack of one) and have grown up with a brain that is hard-wired for angry and destructive behavior and despite all efforts, you feel like you will always have this "thorn," then I think this book will have some helpful points but you aren't really the intended audience here. As someone who falls into the latter category, I still think this is a good read and some of the practicals were helpful. I liked and have used the 5-step processes Dr Chapman presents for handling the two types of anger (essentially, justified and unjustified anger). And yet, that 5 step process is best played out in a near-perfect scenario. If you throw in young emotional children, a wife who is afraid of upsetting you because of your past behavior, a typical lifestyle of a busy family, or even a partner that isn't completely loving and rational, then things don't work out as nicely. I also appreciated Dr Chapman's stance on what anger is - not a sin to run far far away from, but rather a red-light telling you that something isn't right and you need to find out what that is and make peace with it. I find this is a healthy perspective on facing and working through anger. One option that Dr Chapman offers for working through anger is to "give it to God." I understand what he is trying to say there, but I wish he would flesh this concept out a bit more. It felt like this was something you do when all else fails and you have no where else to go - i.e.

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