



30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated

Deborah Smith Pegues

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It's a mad, mad world and rare is the person who gets through a single day without encountering an irritating, frustrating, or anger-producing situation. Deborah Pegues, author of the award-winning and bestselling *30 Days to Taming Your Tongue* (more than 650,000 sold), is once again a voice of hope in this indispensable guide for dealing with short-term and long-term feelings of displeasure.

Pegues reveals that anger is a secondary emotion. She uses biblical and modern-day stories to help you identify 18 primary emotions that may be at the root of your anger--and to choose Scripture-based responses for effectively dealing with them. You will discover anger-taming strategies such as

- predetermining how to respond to certain triggers
- deactivating your "anger buttons"
- developing a divine perspective toward frustrating people or circumstances
- exercising the fruit of the Spirit to thwart impatience and irritability
- understanding how food and other factors affect mood

30 Days to Taming Your Anger provides Scripture-based principles, heart-searching personal challenges, and powerful affirmations that point you to a new sense of freedom and improved relationships.

Perfect for individual devotions, small groups, and biblical counseling.

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