



Be Angry, but Don't Blow It!: Maintaining Your Passion Without Losing Your Cool

Lisa Bevere

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Conflict – it's unavoidable. Therefore each of us must learn to manage it successfully. But what if we can't? What if anger has us out of control and out of hand? You're passionate and losing your cool. Or perhaps worse – you're depressed and wrought with fear because you've turned the destructive force of rage on yourself.

Lisa Bevere understands. Anger controlled her for years, exacting a devastating toll upon her life and relationships. Desperate, Lisa cried out to God . . . and found help. If you, too, are at a turning point – longing for change yet stuck in a whirlwind of fury and rage – *Be Angry, But Don't Blow It* will help you regain control. Sharing all she has learned about handling this powerful emotion, Lisa discusses how you can:

- Learn to say things so you'll be heard
- Move beyond mere apologies into genuine confession
- Yank the defiling root of bitterness
- Find forgiveness and release for yourself

This book weaves Scriptures, prayers, and personal insights to create a practical guide that also includes a three-week program to help move you from destructive to constructive anger and recapture the healthy passion God wants you to have.

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