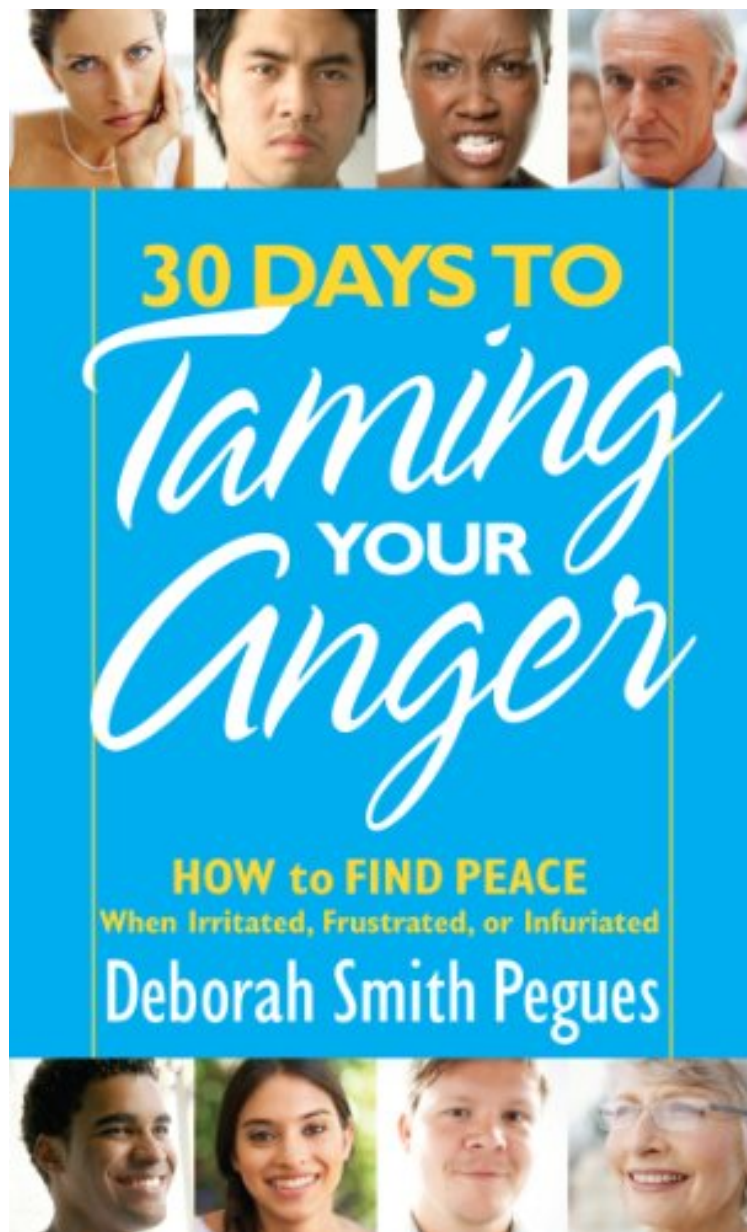


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30 Days to Taming Your Anger

Deborah Smith Pegues

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Deborah Smith Pegues : 30 Days to Taming Your Anger before purchasing it in order to gauge whether or not it would be worth my time, and all praised 30 Days to Taming Your Anger:

1 of 1 people found the following review helpful. Highly Recommended!By Honest OpinionI cannot recommend this book highly enough. It has all the ingredients of a 5 star and more. It gives a comprehensive information about the

subject matter with practical tips and examples. It is concise and well-written. Every page there is something I learned. I found it useful for my issue with my tongue and negative use of emotions such as anger. After reading this, I gained confidence to overcome them. It is a must-have book! In fact, I already bought 2 books by the same author (Deborah Smith Pegues). Now I am eager to find another book from her that could suit me. 1 of 1 people found the following review helpful. Very helpful, can't wait to finish and re-read this book!!! By Chris Little I am only half way thru this book, but it is a great read and very helpful. I struggle with losing my temper very easily and quickly, especially over stupid things when I am stressed out. This book has helped me to start putting things into perspective and also teaching me how to take a step back, assess the situation, and react accordingly. I strongly recommend this book to anyone having anger management problems. It is a short book and very easy to read. 3 of 3 people found the following review helpful. Awesome Awakening! By Mary Gilbert I 'stumbled' onto a program where Deborah was a guest and felt intrigued to listen. Then she promo'd this book and I immediately bought it and started the plan that day! What a great help it has been and spiritual eye opener! Get this book! You may think you have it all under control....really?

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.

About the Author Deborah Smith Pegues is a certified behavioral consultant, Bible teacher, and international speaker. She has written 16 transformational books, including the bestselling *30 Days to Taming Your Tongue* (over one million sold worldwide) and *Emergency Prayers*. She and her husband, Darnell, have been married nearly 40 years.