



Overcoming Emotions That Destroy: Practical Help for Those Angry Feelings That Ruin Relationships

Chip Ingram, Becca Johnson

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We all struggle with angry feelings, brought on by tension, pressure, and the blocked goals and frustrations of day-to-day life. The broken and stressed relationships that result from these feelings can overwhelm us. But now there's help. Well-known teacher and speaker Chip Ingram teams up with psychologist and author Dr. Becca Johnson in this encouraging and practical book, showing how many emotions lead to anger, and many emotions follow from it. Their message is clear: as we deal with our anger, we deal with the primary cause for all emotions that destroy. Ingram and Johnson help readers identify whether they are spewers, leakers, or stuffers. Readers also learn the difference between good and bad anger, how to gain control of their anger, and how to direct it toward constructive ends. The authors cover solid biblical principles as well as the psychological aspects of our emotions, showing readers how they can actually be a constructive tool used by God to transform lives and relationships. Counselors, pastors, and individual Christians will find this book a no-nonsense tool for handling destructive emotions in a healthy way.

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