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Stuck: How to Overcome Your Anger and Reclaim Your Life

F. Remy Diederich

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Are You STUCK in Anger?

Getting stuck in anger is one of the worst places to be. It leaves you confused, not knowing what to do next. If that’s where you find yourself today, then STUCK may be the book to help you get unstuck.

A Practical Guide to Overcoming Anger

F. Remy Diederich goes beyond anger management to provide his readers with practical, spiritual insight into how to overcome anger. He offers helpful analysis of the question, What is anger? and then carefully suggests approaches, often step-by-step, to help you navigate the process of letting go of your anger and getting your life back on track with God's help.

A Bible-based Approach on How to Forgive

F. Remy Diederich’s writing is rich in biblical thought and counsel but not simplistic in its application or blind to the realities of human weakness. Issues of anger management, grief, boundaries, and how to forgive are carefully looked at from a biblical perspective. He also includes a special section on how to forgive yourself.

A Compassionate, Realistic Approach to Reconciliation

While encouraging reconciliation, Remy is also aware that reconciliation is not always possible and offers alternatives. Because of STUCK’s helpful “how-to” nature, you will want to highlight key thoughts and return to them again and again. It's an excellent book for counselors and pastors to pass on to their clients.

What will you learn from STUCK?

- The answer to the question: what is anger?
- Seven reasons why those closest to you often tick you off
- How to take control of your anger and let it work for you
- Seven reasons you stay stuck in broken relationships
- Why grieving is so important after a significant loss
- A practical guide on how to forgive others
- How to help others forgive you and reconcile
- How to forgive yourself
- How to move on from your past and reclaim your life

If you are “stuck” in anger, do yourself a favor and read this book. It could be just the thing you need to help you get unstuck and move on with your life. Still not sure? Go to the top of this page and check out the "Look Inside The Book" feature to take a glance at how this book can help you "overcome your anger and reclaim your life."

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Lilian Anderson:

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Sarah Farmer:

Playing with family in a very park, coming to see the coastal world or hanging out with good friends is thing that usually you might have done when you have spare time, and then why you don't try factor that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Stuck: How to Overcome Your Anger and Reclaim Your Life, you could enjoy both. It is very good combination right, you still desire to miss it? What kind of hang type is it? Oh can happen its mind hangout guys. What? Still don't get it, oh come on its referred to as reading friends.

Pamela Watkins:

Reading a book being new life style in this calendar year; every people loves to learn a book. When you learn a book you can get a large amount of benefit. When you read publications, you can improve your knowledge, because book has a lot of information upon it. The information that you will get depend on what kinds of book that you have read. If you would like get information about your analysis, you can read education books, but if you act like you want to entertain yourself read a fiction books, these kinds of us novel, comics, in addition to soon. The Stuck: How to Overcome Your Anger and Reclaim Your Life provide you with a new experience in reading through a book.

Nicholas Williams:

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you are looking for. It should be here for you. So , don't miss that! Just read this e-book style for your better life along with knowledge.

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