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practical series, Chip Ingram will help you learn how to identify the unhealthy ways you respond to anger, uncover the feelings underneath your anger, as well as choose God-given, emotionally healthy ways to control your anger. You will learn through solid biblical principles, as well as the psychological aspects of our emotions, that anger can actually be a positive tool used by God to transform you and your ...

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Difference between good and bad anger, how to gain control of it, and how to use it in constructive ways.

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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

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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

constructive tools used by

God to transform lives and

relationships. Counselors,

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pastors, and individual Christians will find this book a no-nonsense tool for handling destructive emotions in a healthy way. Now available in trade paper.

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A launching pad for a journey toward becoming a Christian who lives like

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Discover the answer to our culture's need for simplicity and peace—by doing less and loving more. If you crave simplicity, yearn for peace and calm,

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this is the book for you.

Author Chip Ingram goes beyond quick fixes and speaks to all of us who find it impossible to break free of our busy lifestyles, filled with too many good and important things that fill our schedules. The message of this book is simple: Spiritual simplicity will not be achieved by strategic attempts to control our lives and schedules but through doing less because we are able to love more. As you learn the practice of loving people, you will experience a shift from complex to simple, from hurried to peaceful, from “never enough time” to “time

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enough for those you love.”

It's time to redirect our focus from the complex, overextended lifestyle that

keeps us running but never arriving. In *Spiritual*

*Simplicity*, learn how to

“reorient your life around life. The result is a life whose priorities are so radically rearranged that”

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Some Christians believe strongly in the existence of demons and spiritual warfare. Others downplay or even ignore the idea. With such divergent views, how



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are Christians supposed to know the truth about demonic forces at work in this world? The Invisible War

examines what every believer needs to know about Satan, demons, and spiritual

warfare, offering a balanced look at this controversial subject. This provocative

book will help Christians understand what the Bible says about these threats and

will show them how they can safeguard themselves and

their families through

prayer. Now repackaged for a new generation, The

Invisible War offers a

balanced look at what is going on in the spiritual

realm and what believers can

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do to defend themselves.

## Practical Help For Those Are You STUCK in a Broken Angry Feelings That Ruin Relationships Living On The Edge With Chip Ingram

Relationship? We've all been  
stuck: stuck in traffic,  
stuck in the mud, stuck in  
the middle... But getting

stuck in a broken  
relationship is one of the  
worst places to be stuck. It  
leaves you hurt and  
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 Broken  
Relationships F. Remy  
Diederich goes beyond anger  
management and provides his  
readers with practical,  
spiritual insight into how

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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. A Bible-based Approach on How to Forgive. 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 spiritual perspective. He also includes a special section

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on how to forgive yourself. A

Compassion, Realistic

Approach to Reconciliation

While encouraging

reconciliation, the author

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. 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

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relationships Why grieving is so important after you lose a relationship A practical guide on how to forgive others How to help others forgive you and achieve reconciliation How to forgive yourself How to move on from your past and reclaim your life If you are "stuck" in a broken relationship, 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 back 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 "Mend and Move on

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Practical Help For Those  
For years musician and  
author Annie Chapman

(Entertaining Angels, 10  
Things I Want My Husband to  
Know) walked a tightrope.

Outwardly calm, she felt  
anger seething behind her  
smile, waiting to erupt at  
the slightest provocation.  
But today peace permeates  
her life! What happened?  
With an compassionate heart,  
Annie offers others  
struggling with anger the  
insights she gained and the  
solution she found.

Acknowledging anger's power,  
Annie encourages  
perseverance: "For some,  
dealing with anger is simple

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and pain is resolved quickly. For others, healing requires intensive care by the Great Physician and hard work on our part." Letting Go of Anger helps readers... know what anger is identify its causes define their anger recognize warning signs draw on God's Word for wisdom With Jesus' help, readers will discover how to let love heal their wounds, learn to forgive, and move forward in freedom.

Dr. Stevens' research identifies specific learnable beliefs and skills--not general, inherited traits--that cause people to be happy and

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Practical Help For Those  
Anger is a regular part of every middle school girl's world. Often times, this anger can appear as open aggression where girls bully one another, or they can unhealthily suppress their anger. But there are godly and appropriate ways students can respond to situations that make them angry. Deal With It gives youth leaders the tools to help middle school girls deal with their anger. Through activities that include reading and responding to stories about Maria, a fictional teen, students will learn to



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