



Overcoming Hurts & Anger

Dwight L. Carlson

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With its updated cover, the classic bestseller *Overcoming Hurts & Anger* (500,000 copies sold) continues to help readers find the love and acceptance they long for by teaching them how to handle strong emotions constructively. God-given emotions help people evaluate and cope with the world around them. But when they're intense they can be overwhelming and harmful. And often Christians are told to ignore their anger and "be happy." Packed with real-life illustrations from Dr. Carlson's counseling practice, *Overcoming Hurts & Anger* encourages readers as they discover: why feeling angry is normal and acceptable; what happens when anger and hurts are mishandled; what the Bible really says about anger; how to handle strong emotions step-by-step; and how anger and forgiveness interact. In easy-to-understand language, Dwight shows readers how to approach people and circumstances in ways that keep communication open, handle problems as they arise, and keep God's love, mercy, and grace flowing.

Overcoming Hurts & Anger Details

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Author : Dwight L. Carlson

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From Reader Review Overcoming Hurts & Anger for online ebook

Shannon says

I really liked this book. I am not finished using it but I did read through it all. I just want to go back and study some of the recommendations.

Tyler says

Surprise! This only made me angrier.

Felicia says

One of those books to read repeatedly

Getting over anger and hurt isn't easy. This book has several suggestions on how to do it, though. For me, I will have to read this book or my highlighted notes several times in order for it to be natural to forgive people who have hurt me.

I liked the author's way of pointing out how Christ forgave.

Winston says

Helpful but a little light on the psychological side as well it mis-applied some Biblical passages.

Carrie says

Down to earth, easy to read, good advice, but may be so simplistic that some people don't like it for that reason.

Merit-lee Gonzalez says

this is the book i was reading when i got saved 27 yrs ago really helped me let go a lot of anger still use its principles when i am angry haven't reread the book for a few yrs maybe i will reread it soon saved me from being angry at my past

Nathalie Grandeza says

A lot to learn. A lot to practice. A lot to realize how to fully live and glorify God.

Waxy McClure says

I read this for work in order to more effectively deal with some very angry folks. Ironically, whilst the information and techniques discussed were sound I found the most interesting part of the book to be the stance on Christianity. He had a very intellectual perception of christian values and a modern way of applying that intrigued me. Bottom line, I think fewer christians would be labeled as 'kooks' if they were as rational about religion as he portrays himself in this book.

Jodi says

I'm not sure how I got this book. I found it in my bookshelf and thought it was interesting. It was a really good read and one that I will turn to as needed. It is an older book but still relevant today in how to communicate effectively even when mad. The book talks about past hurts being bottled up and bringing them with you throughout life. That you may not even realize they are there until you overreact in a situation. That taking the time to get in touch with your feelings and handled them head on is the best way to avoid bitterness and resentment.
