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

Chip Ingram, Becca Johnson

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Constructive Ways to Handle Destructive Emotions

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 to show how many emotions both lead to anger and follow from it. Their message is clear: as we deal with anger, we deal with the primary cause for all destructive emotions.

With the help of this useful book, you too can overcome those emotions that destroy.

"I loved this book! From the searing first sentence, it delivers on its promise to lay bare the common failings of the human heart."--Gary Thomas, author of *Sacred Marriage* and *Holy Available*

"Practical . . . practical . . . practical! That's what makes this book so powerful. For anyone who *has* struggled . . . *is* struggling . . . or *will* struggle with the stranglehold of anger, this book is a must-read."--June Hunt, founder and CEO, Hope for the Heart; author of *Counseling through Your Bible Handbook*

"Practical, biblical, and compellingly engaging. *Overcoming Emotions That Destroy* not only gives us the *what* and *why* of anger, but it also shows us *how* to deal with this powerful emotion."--Dr. Crawford W. Loritts Jr., speaker and author of *Leadership as an Identity*

Chip Ingram is the president and teaching pastor for Living on the Edge, an international teaching and discipleship ministry. He is the author of ten books, including *God: As He Longs for You to See Him*; *The Invisible War*; and *Love, Sex, and Lasting Relationships*.

Becca Johnson, PhD, is a writer and speaker and has been a licensed psychologist for twenty years. The author of books on guilt and child abuse, Dr. Johnson has conducted counselor training in ten different countries and is currently in private practice in Washington State.

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