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~~Goddesses to Help~~

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The Angry Dragon

Book I Read Aloud

for Preschoolers

(books about

Anger, emotions,

feelings) Anger Is

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Mindful Approach to

Anger | Juna

Mustad | TEDxWab

ashCollege Full

Episode: The

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Hidden Faces of
Anger (Gary
Zukav) | The Oprah
Winfrey Show |
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Sunday November
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in Religious Groups
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Important to Honor
Your Anger — I

Don ' t Even

Recognize Myself, '

Says Teen Who

Turned Her Life

Around After ' Dr.

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Darkness - Matt
Kahn "It Goes

Straight to Your
Subconscious

Mind" - "I AM"

Affirmations For
Success, Wealth

& Happiness

Seneca - How To
Control Your Anger
(Stoicism)

Sunday Morning

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with Paul and Angie

- Nov 15, 2020

Transform Your

Anger Into an Asset

Jack Kornfield — Ep.

8 — Transforming

Darkness Marked +

Savage Jesus +

Pastor Michael

Todd Reporter asks

Melania Trump: Do

you love your

husband? November

15, 2020 — 3PM

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~~Sunday Online~~

~~Worship Service~~

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Divinity - Matt

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Sharing inspiring,

real-life stories and

positive action

steps, Engel not

only guides you

step by step

through the process

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of discovering your primary and secondary anger styles but provides the practical advice and emotional support you'll need to: Modify or transform an aggressive anger style Turn passivity into assertiveness Recognize and modify passive-

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aggressive

behavior Transform

a projective-

aggressive

style Deal with other

people' s

anger Move beyond

anger

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Synopsis "Honor

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Your Anger" is a clearly written, insightful look at a topic that concerns everyone. You can indeed learn to understand and manage your anger, and this book will show you how."

-Robert Epstein,
Ph.D., West Coast
Editor, "Psychology
Today", Director

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Your Anger

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How Transforming
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Can Change Your
Life - Ebook written
by Beverly Engel.

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1. Even though you
may not be clear at
this point on what

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your specific anger style is, spend some time thinking about how the way you deal with your anger has affected your life. 2. Make a list of the negative physical, emotional, and behavioral consequences of the way you currently handle your anger.

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Epstein, Ph.D.,

West Coast Editor,

Psychology Today,

Director Emeritus,

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California School of

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life. [Beverly Engel] -- Honor Your Anger is a clearly written, insightful look at a topic that concerns everyone. You can indeed learn to understand and manage your anger, and this book will show you how." --Robert Epstein, ...

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