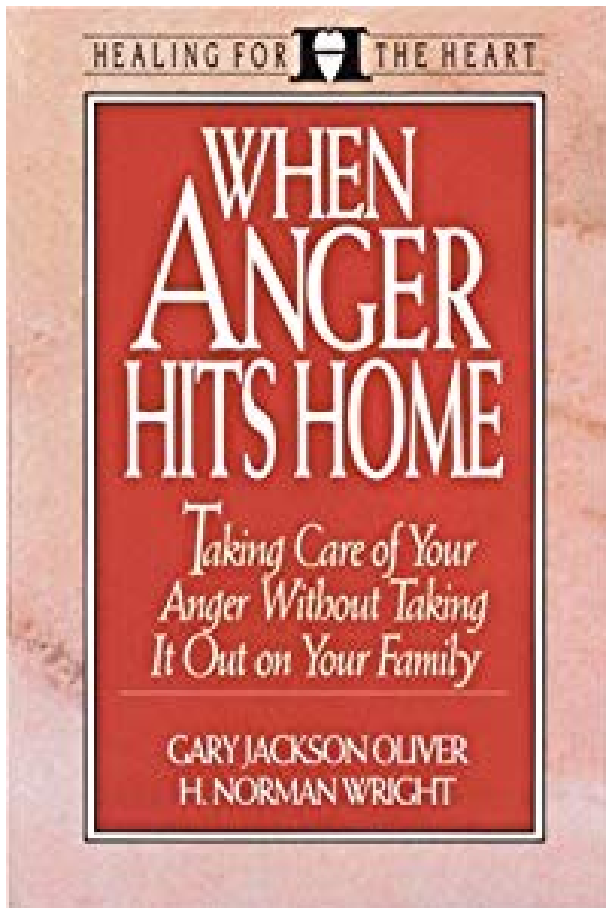


When Anger Hits Home: Taking Care of Your Anger Without Taking It Out on Your Family



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The costs of ill-expressed anger are high and have caused irreparable damage to far too many people. Wright and Oliver explore the sources and patterns of anger, help readers understand that anger is a God-given emotion that can be controlled, and give specific tools to change response patterns before it gets out of hand.