



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

By Chip Ingram, Becca Johnson

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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 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, pastors, and individual Christians will find this book a non on sense tool for handling destructive emotions in a healthy way. Now available in trade paper.

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- Sales Rank: #45151 in Books
- Brand: Baker Pub Group/Baker Books
- Published on: 2010-06-01
- Released on: 2010-06-01
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .72" w x 5.50" l, .75 pounds
- Binding: Paperback
- 272 pages

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Editorial Review

From the Inside Flap

Chip Ingram is the president and teaching pastor for Living on the Edge, an international teaching and discipleship ministry. His passion is to help everyday Christians actually live like Christians by raising the bar of discipleship. A pastor for over twenty years, Chip has a unique ability to communicate truth and winsomely challenge people to live out their faith. Chip is author of ten books, including *God: As He Longs for You to See Him*; *The Invisible War*; and *Love, Sex, and Lasting Relationships*. Chip and his wife, Theresa, have four children and six grandchildren and live in Georgia. Becca Johnson, PhD, is a writer and speaker and has been a licensed psychologist for twenty years. Her life's work is to help people overcome negative experiences and emotions in order to more fully enjoy God's love. 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, where she lives with her husband, Lloyd, and their four children. The Johnsons have also served overseas as missionaries.

From the Back Cover

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.

About the Author

Chip Ingram is the senior pastor of Venture Christian Church in Los Gatos, California, and teaching pastor and CEO of Living on the Edge, an international teaching and discipleship ministry. A pastor for over thirty years, Chip has a unique ability to communicate truth and challenge people to live out their faith. Chip is the author of many books, including *Culture Shock*, *The Real Heaven*, *The Invisible War*, and *Love, Sex, and Lasting Relationships*. Chip and his wife, Theresa, have four grown children and eleven grandchildren and live in California.

Dr. Becca Johnson is a writer and speaker and has been a licensed psychologist for twenty years. She desires to help people overcome negative experiences and emotions in order to more fully enjoy God's amazing love. Johnson has also written books on guilt and child abuse. She conducts counselor training in ten different countries and is currently in private practice in Bellingham, Washington, where she lives with her husband, Lloyd, and their four children. The Johnsons have also served overseas as missionaries.

Users Review

From reader reviews:

Leta Welter:

The event that you get from *Overcoming Emotions that Destroy: Practical Help for Those Angry Feelings That Ruin Relationships* may be the more deep you rooting the information that hide inside words the more you get thinking about reading it. It does not mean that this book is hard to understand but *Overcoming Emotions that Destroy: Practical Help for Those Angry Feelings That Ruin Relationships* giving you enjoyment feeling of reading. The writer conveys their point in particular way that can be understood simply by anyone who read the item because the author of this publication is well-known enough. This kind of book also makes your current vocabulary increase well. Making it easy to understand then can go along, both in printed or e-book style are available. We advise you for having this *Overcoming Emotions that Destroy: Practical Help for Those Angry Feelings That Ruin Relationships* instantly.

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Derek McCaleb:

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Relationships will bring you to definitely the new experience of reading the book. The author style to describe the idea is very unique. In the event you try to find new book to read, this book very suited to you. The book *Overcoming Emotions that Destroy: Practical Help for Those Angry Feelings That Ruin Relationships* is much recommended to you you just read. You can also get the e-book in the official web site, so you can quickly to read the book.

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