



Make Anger Your Ally (Living Books)

Neil Clark Warren

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Do you ever struggle with anger? You can suppress it, deny it, let it control you, or you can *Make Anger Your Ally*. Written by popular author and clinical psychologist Neil Clark Warren, it reveals how to make anger work FOR you rather than AGAINST you. In its 53 quick-reading chapters, this paperback reveals how to master anger and transform its energy into a dynamic force for positive living. Not only does the book examine the ways people commonly mismanage and misunderstand anger, but it also provides a practical and biblical "training manual" on how to successfully make anger your ally.

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