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learn the difference
between good and bad
anger, how to gain
control of it, and how

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to use it in constructive ways.

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from having angry
feelings, which is why
this seminar is called
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you identify whether
you are a spewer,
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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

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