



Overcoming Sinful Anger

By Fr. T. Morrow

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When St. Jane Francis de Chantal encouraged St. Francis de Sales to be a bit angrier over the opposition they were facing in starting their religious order, he replied, Would you have me lose in a quarter hour what has taken me twenty years hard work to acquire?

St. Francis de Sales had quite a temper when he was young. But over time he learned to convert his angry feelings into virtuous action. He knew that anger never leads to happiness. Worse, it causes tremendous harm to our relationship with God.

In these pages, the wise Fr. Morrow shows you how to pull the rug out from beneath your anger and reclaim a life of peace and grace. You'll come to understand the root causes of angry behavior, ways to heal painful memories, and how to deal well with your hurts and humiliations.

You're not likely to overcome blowups and anxiety through willpower alone. You need tools that help you cultivate the habits that lead to virtuous action. You'll discover here simple ways to influence your behavior, control your impulses, and rebuild tattered relationships.

When you follow the simple advice offered in these pages, you'll be surprised at how quickly you're giving up all desire for revenge, forgiving those who hurt you, and finding peace in your life. You'll also learn:

The three actions every Christian **MUST** take to overcome sinful anger.

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Susannah Williams:This Overcoming Sinful Anger book is not really ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is definitely information inside this guide incredible fresh, you will get details which is getting deeper anyone read a lot of information you will get. This Overcoming Sinful Anger without we understand teach the one who examining it become critical in contemplating and analyzing. Don't end up being worry Overcoming Sinful Anger can bring once you are and not make your case space or bookshelves' grow to be full because you can have it with your lovely laptop even cellphone. This Overcoming Sinful Anger having good arrangement in word as well as layout, so you will not experience uninterested in reading.

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