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With the right help, you too can overcome those emotions that destroy. In this practical series, Chip Ingram will help you learn how to identify the unhealthy ways you respond to anger, uncover the feelings

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can overcome those emotions that destroy.

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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

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A small group study guide to accompany  
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Chip Ingram.

Some Christians believe strongly in the  
existence of demons and spiritual warfare.  
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understand what the Bible says about these threats and will show them how they can safeguard themselves and their families through prayer. Now repackaged for a new generation, *The Invisible War* offers a balanced look at what is going on in the spiritual realm and what believers can do to defend themselves.

Discover the answer to our culture's need for simplicity and peace—by doing less and loving more. If you crave simplicity, yearn for peace and calm, this is the book for you. Author Chip Ingram goes beyond quick fixes and speaks to all of us who find it impossible to break free of our busy lifestyles, filled with too many good and important things that fill our schedules. The message of this book is simple: Spiritual simplicity will not be achieved by strategic attempts to control our lives and schedules but through doing less



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because we are able to love more. As you learn the practice of loving people, you will experience a shift from complex to simple, from hurried to peaceful, from “never enough time” to “time enough for those you love.” It’s time to redirect our focus from the complex, overextended lifestyle that keeps us running but never arriving. In *Spiritual Simplicity*, learn how to “reorient your life around life. The result is a life whose priorities are so radically rearranged that” (Dave Stone, author of the *Faithful Families* series) lasting change is finally within your reach.

Based on the biblical model for Christianity, *Living on the Edge* challenges readers to experience Christianity the way God intended and provides an actual profile of a disciple of Jesus Christ that is relational, grace-based, faith-focused, practical, and measureable.

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A launching pad for a journey toward becoming a Christian who lives like Christ, this book provides questions and resources at the end of each chapter, as well as directions to continue on your journey through an interactive Web site, where the reader will discover clear spiritual pathways and personal coaching to make it over barriers.

Are You STUCK in a Broken Relationship? We've all been stuck: stuck in traffic, stuck in the mud, stuck in the middle... But getting stuck in a broken relationship is one of the worst places to be stuck. It leaves you hurt and confused: not knowing what to do next. If that's where you find yourself today, then STUCK may be the book to help you get unstuck. A Practical Guide to Broken Relationships F. Remy Diederich goes beyond anger management and provides

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his readers with practical, spiritual insight into how to overcome anger. He offers helpful analysis of the question, What is anger? and then carefully suggests approaches, often step-by-step, to help you navigate the process of letting go of your anger and getting your life back on track. A Bible-based Approach on How to Forgive. F. Remy Diederich's writing is rich in biblical thought and counsel but not simplistic in its application or blind to the realities of human weakness. Issues of anger management, grief, boundaries, and how to forgive are carefully looked at from a spiritual perspective. He also includes a special section on how to forgive yourself. A Compassion, Realistic Approach to Reconciliation While encouraging reconciliation, the author is also aware that reconciliation is not always possible and offers alternatives. Because of STUCK's helpful "how-to" nature, you

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will want to highlight key thoughts and return to them again and again. What will you learn from STUCK? The answer to the question: what is anger? Seven reasons why those closest to you often tick you off How to take control of your anger and let it work for you Seven reasons you stay stuck in broken relationships Why grieving is so important after you lose a relationship A practical guide on how to forgive others How to help others forgive you and achieve reconciliation How to forgive yourself How to move on from your past and reclaim your life If you are "stuck" in a broken relationship, do yourself a favor and read this book. It could be just the thing you need to help you get unstuck and move on with your life. Still not sure? Go back to the top of this page and check out the "Look Inside The Book" feature to take a glance at how this book can help you "Mend and Move

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Practical Help For Those  
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For years musician and author Annie Chapman (Entertaining Angels, 10 Things I Want My Husband to Know) walked a tightrope. Outwardly calm, she felt anger seething behind her smile, waiting to erupt at the slightest provocation. But today peace permeates her life! What happened? With an compassionate heart, Annie offers others struggling with anger the insights she gained and the solution she found. Acknowledging anger's power, Annie encourages perseverance: "For some, dealing with anger is simple and pain is resolved quickly. For others, healing requires intensive care by the Great Physician and hard work on our part." Letting Go of Anger helps readers... know what anger is identify its causes define their anger recognize warning signs draw on God's Word for wisdom With Jesus'

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help, readers will discover how to let love heal their wounds, learn to forgive, and move forward in freedom.

Anger is a regular part of every middle school girl's world. Often times, this anger can appear as open aggression where girls bully one another, or they can unhealthily suppress their anger. But there are godly and appropriate ways students can respond to situations that make them angry. Deal With It gives youth leaders the tools to help middle school girls deal with their anger. Through activities that include reading and responding to stories about Maria, a fictional teen, students will learn to recognize their anger and find healthy ways to express their emotions.

**CBA BESTSELLER • Break free from the destructive power of guilt, anger, greed, and jealousy. Includes a six-week**

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discussion guide. “Andy Stanley touches the right nerve at the right time.”—Shaunti Feldhahn, bestselling author of *For Women Only* and *For Men Only* Divorce. Job loss. Estrangement from family members. Broken friendships. The difficult circumstances you are dealing with today are likely being fed by one of four emotional forces that compels you to act in undesirable ways, sometimes even against your will. Andy Stanley explores each of these destructive forces—guilt, anger, greed, and jealousy—and how they infiltrate your life and damage your relationships. He says that, left unchallenged they have the power to destroy your home, your career, and your friendships. In *Enemies of the Heart*, Andy offers practical, biblical direction to help you fight back, to take charge of those feelings that mysteriously control you, and to restore your broken relationships.

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