



## 30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated

By Deborah Smith Pegues

Download now

Read Online 

### 30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated By Deborah Smith Pegues

It's a mad, mad world and rare is the person who gets through a single day without encountering an irritating, frustrating, or anger-producing situation. Deborah Pegues, author of the award-winning and bestselling *30 Days to Taming Your Tongue* (more than 650,000 sold), is once again a voice of hope in this indispensable guide for dealing with short-term and long-term feelings of displeasure.

Pegues reveals that anger is a secondary emotion. She uses biblical and modern-day stories to help you identify 18 primary emotions that may be at the root of your anger—and to choose Scripture-based responses for effectively dealing with them. You will discover anger-taming strategies such as

- predetermining how to respond to certain triggers
- deactivating your "anger buttons"
- developing a divine perspective toward frustrating people or circumstances
- exercising the fruit of the Spirit to thwart impatience and irritability
- understanding how food and other factors affect mood

*30 Days to Taming Your Anger* provides Scripture-based principles, heart-searching personal challenges, and powerful affirmations that point you to a new sense of freedom and improved relationships.

Perfect for individual devotions, small groups, and biblical counseling.

 [Download 30 Days to Taming Your Anger: How to Find Peace Wh ...pdf](#)

 [Read Online 30 Days to Taming Your Anger: How to Find Peace ...pdf](#)



# 30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated

By Deborah Smith Pegues

**30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated** By Deborah Smith Pegues

It's a mad, mad world and rare is the person who gets through a single day without encountering an irritating, frustrating, or anger-producing situation. Deborah Pegues, author of the award-winning and bestselling *30 Days to Taming Your Tongue* (more than 650,000 sold), is once again a voice of hope in this indispensable guide for dealing with short-term and long-term feelings of displeasure.

Pegues reveals that anger is a secondary emotion. She uses biblical and modern-day stories to help you identify 18 primary emotions that may be at the root of your anger—and to choose Scripture-based responses for effectively dealing with them. You will discover anger-taming strategies such as

- predetermining how to respond to certain triggers
- deactivating your "anger buttons"
- developing a divine perspective toward frustrating people or circumstances
- exercising the fruit of the Spirit to thwart impatience and irritability
- understanding how food and other factors affect mood

*30 Days to Taming Your Anger* provides Scripture-based principles, heart-searching personal challenges, and powerful affirmations that point you to a new sense of freedom and improved relationships.

Perfect for individual devotions, small groups, and biblical counseling.

**30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated** By Deborah Smith Pegues Bibliography

- Sales Rank: #218271 in Books
- Brand: Harvest House Publishers
- Published on: 2013-04-01
- Original language: English
- Number of items: 1
- Dimensions: 7.00" h x .43" w x 4.25" l, .30 pounds
- Binding: Mass Market Paperback
- 192 pages

 [Download 30 Days to Taming Your Anger: How to Find Peace Wh ...pdf](#)

 [Read Online 30 Days to Taming Your Anger: How to Find Peace ...pdf](#)



## **Download and Read Free Online 30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated By Deborah Smith Pegues**

---

### **Editorial Review**

About the Author

**Deborah Smith Pegues** is a certified behavioral consultant, Bible teacher, and international speaker. She has written 16 transformational books, including the bestselling *30 Days to Taming Your Tongue* (over one million sold worldwide) and *Emergency Prayers*. She and her husband, Darnell, have been married nearly 40 years.

### **Users Review**

**From reader reviews:**

**Hazel Gannon:**

Do you one of people who can't read satisfying if the sentence chained inside straightway, hold on guys this particular aren't like that. This 30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated book is readable by means of you who hate those straight word style. You will find the data here are arrange for enjoyable reading through experience without leaving possibly decrease the knowledge that want to provide to you. The writer involving 30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated content conveys the idea easily to understand by many people. The printed and e-book are not different in the information but it just different in the form of it. So , do you continue to thinking 30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated is not loveable to be your top collection reading book?

**Daniel Metz:**

Information is provisions for folks to get better life, information today can get by anyone at everywhere. The information can be a information or any news even restricted. What people must be consider whenever those information which is within the former life are hard to be find than now could be taking seriously which one is acceptable to believe or which one the particular resource are convinced. If you obtain the unstable resource then you get it as your main information you will have huge disadvantage for you. All of those possibilities will not happen within you if you take 30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated as your daily resource information.

**Lillie Rose:**

Don't be worry if you are afraid that this book can filled the space in your house, you might have it in e-book technique, more simple and reachable. This specific 30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated can give you a lot of close friends because by you taking a look at this one book you have factor that they don't and make anyone more like an interesting person. This book can be one of a step for you to get success. This e-book offer you information that probably your friend doesn't realize, by knowing more than some other make you to be great folks. So , why hesitate? Let me have

30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated.

**Dennis Winters:**

That e-book can make you to feel relax. That book 30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated was colorful and of course has pictures on the website. As we know that book 30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated has many kinds or genre. Start from kids until adolescents. For example Naruto or Investigation company Conan you can read and think that you are the character on there. Therefore not at all of book are make you bored, any it offers up you feel happy, fun and relax. Try to choose the best book for you personally and try to like reading that.

**Download and Read Online 30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated By Deborah Smith Pegues #YTCPEHGWD83**

## **Read 30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated By Deborah Smith Pegues for online ebook**

30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated By Deborah Smith Pegues Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read 30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated By Deborah Smith Pegues books to read online.

## **Online 30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated By Deborah Smith Pegues ebook PDF download**

**30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated By Deborah Smith Pegues Doc**

**30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated By Deborah Smith Pegues Mobipocket**

**30 Days to Taming Your Anger: How to Find Peace When Irritated, Frustrated, or Infuriated By Deborah Smith Pegues EPub**