

# Download Manage Your Anger Teach Yourself

Everyone feels angry at times. Anger is a result of feeling stressed, disappointed or frustrated, and not being able to cope with those feelings. There are many ways of expressing anger, many of which are not appropriate or safe. "Love is not easily angered." (1 Corinthians 13:5) Six biblical ways to manage your anger. This is one of the most critical tasks of childhood—learning to tolerate the wounds of everyday life without moving into reactive anger. People who can do this are able to work things out with others and manage themselves to achieve their goals. These 15 ideas to help kids calm down, manage anger, and soothe anxiety are exactly what we need in this chaotic world we live in., Manage Your Anger Teach Yourself.

**Other Files :**