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By Tim LaHaye

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Es cierto. La ira es un problema general, pero usted no tiene por que soportarlo! En realidad, se vuelve problema cuando no sabemos de donde viene, como se manifiesta (o se oculta) y que podemos hacer con ella. O nos controla o la controlamos. La decisión es nuestra. Los autores nos dicen que necesitamos saber cómo dominar la emoción de la ira. La examinan desde le principio hasta el final, y nos ayudan a evaluar nuestro propio "Cociente de Irritabilidad" con ejercicios prácticos. Aprenda a enfrentarse a la ira y a los conflictos. De esta manera podrá sanar relaciones dañadas y ayudar a otros a dominar su ira. La lectura de esta obra lo conducirá a una forma de vida más llena de paz, provecho y significado. Poco de lo que aprenda le será más útil que esto. Cuando contemple su propia vida desde la perspectiva que le ofrecen estos dos notables autores en su obra conjunta, se dará cuanta que "Usted se Enoja por que Quiere."

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Editorial Review

From the Back Cover

Anger is everybody's problem, but it need not be yours. In reality, it is a problem when we don't know where it is coming from, how to handle it, and what we can do with it. We need to control it or else it will control us. The decision is ours. The authors mention that we need to control our outbursts of anger. They examine the process from beginning to end, and they help us to evaluate our own 'Quotient of Irritability' with practical exercises. Learn how to confront anger and conflicts. You will learn how to heal old relationships and help others control their anger. This book will help you have a peaceful, happier life. When you see your life from these author's perspective you will discover that 'Anger is a Choice'.

About the Author

Tim LaHaye es un autor bestseller en la lista del New York Times con más de setenta libros de no ficción, muchos de ellos acerca de profecías y el fin de los tiempos, y es el coautor de la serie Left Behind con ventas record. Se considera que LaHaye es uno de las autoridades más reconocidas de América acerca de las profecías bíblicas del fin de los tiempos. Visite www.TimLaHaye.com

Users Review

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