



New Mini-Book from

# Shepherd Press

Gospel driven • Heart focused • Life changing



From the publishers of *Shepherding a Child's Heart*



### At a Glance...

Help! My Anger Is out of Control  
Jim Newheiser

Mini-Book, 64pp, 6 x 4 inches,  
Saddle stitched

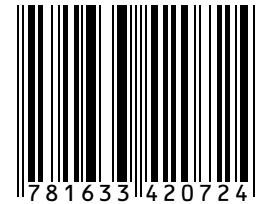
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### Suggested retail prices

Paper: \$4.00  
Mobi: \$2.00  
Epub: \$2.00

Ebooks: Available now  
Paper: Available May 2015

*Consulting Editor: Dr. Paul Tautges*



BISAC: REL050000 RELIGION / Christian Ministry / Counseling & Recovery

BIC: HRCV3 Christian counseling

### Table of Contents

Introduction  
1. Understanding Anger  
2. How Can Angry People Be Helped?  
3. Overcoming Anger by God's Grace  
4. Practical Ways You Can Overcome Anger  
Conclusion  
Personal Application Projects  
Where Can I Get Further Help?

**Short Description:** A small book directing our attention to the power of Christ to transform angry people into gracious people

Anger is widespread; it is even a major problem among professing Christians. While people express anger in different ways, controlling it is a challenge for each of us. Some feel powerless as anger rises. Others try to justify themselves. The question that must be addressed is how a sinfully angry person can become a person of grace. This mini-book provides the answer and gives us hope by directing our attention to the power of Christ to transform angry people into gracious people.

### Reading Audience

- People struggling with anger
- People in a relationship with an angry person
- Christian counselors
- Pastors and church ministry teams
- Small-group leaders

### Features and Benefits

- A pertinent subject today
- Easy to read and apply
- May be used discretely
- Good for use in small groups or one-to-one counseling situations
- Endorsed by key counseling organizations



**Author** Jim Newheiser: MA, DMin, Westminster Theological Seminary, has been practicing biblical counseling for over 20 years, is an ACBC Fellow, and has served as the director of IBCD since 2006. He has been a pastor at Grace Bible Church in Escondido, CA, since 1990.

You can trust these resources to provide accessible, practical, and Bible-saturated help with many of the most common and perplexing problems found in our fallen world.—*Dr. Heath Lambert*

I wholeheartedly recommend this series of mini-books.—*Dr. Wayne Mack*

The Lifeline mini-book series is an invaluable tool.—*Dr. John Street*

...unique combination of biblical truth succinctly related to specific real-life issues.—*Dr. Bob Kellemen*

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