



From Anger to Intimacy

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From Anger to Intimacy From Baker Pub Group/Baker Books

Did you know that spiritual, emotional, physical, and relational exhaustion lead to anger? And unresolved anger leads to sin. All couples deal with anger and how they respond (stuff it, spew it, or study it), can make all the difference in their relationship and in their lives. In *From Anger to Intimacy*, Gary Smalley and Ted Cunningham explore this often maligned and God-given emotion that, unless dealt with, can strip us of everything we love.

Now couples can learn the skills to:

- resolve conflict, hurt, and pain in a healthy way
- master their internal buttons so as to overcome feelings of anger, frustration, and rage
- use five specific tactics to deal with anger and rage when they rear their ugly heads
- walk in the freedom God intends by learning the three essentials of forgiveness and five keys to nurturing a forgiving spirit
- craft the perfect apology
- remove the roadblocks to forgiveness once and for all
- break sexual addiction and heal after an affair
- and find answers to big questions about anger and forgiveness in their marriage

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