



From Anger to Forgiveness: A Practical Guide to Breaking the Negative Power of Anger and Achieving Reconciliation

Earnie Larsen

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In this understanding and supportive guide, renowned writer, lecturer, and counselor Earnie Larsen lays out a new strategy for identifying and facing up to our underground reservoirs of resentment and rage and moving beyond them to forgiveness. Gently, patiently, he teaches us that we can learn how to reclaim the power that anger has over us, and reestablish relationships and rebuild bridges that might have been burned--as we move forward toward a new serenity and understanding of ourselves, and the hidden needs that have kept us stuck and helpless.

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