



Victory Over Anger

Dr. Teresa Davis Ed.D

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Are you a bomb or a volcano? Aggressive people are like bombs; they explode all over everyone. Passive people are more like volcanoes; they simmer underneath for long amounts of time, and then, without warning, they blow. *Victory Over Anger: Rules of Engagement*, by Dr. Teresa Davis, Ed.D., will help you identify and overcome these and many other everyday issues dealing with anger. As you read chapters based on choices, emotions, unrealistic expectations, rejection, and setting reasonable goals, you will find that the book is not only written for those with extreme anger problems, but for anyone who experiences the normal emotions of everyday life. *Victory Over Anger: Rules of Engagement* is a clinically-proven and biblically based guide to overcoming internal and external conflicts. Davis's personal approach, using examples from her own life and research, makes this an applicable, memorable, and ultimately life-changing read.

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Theresa Frost:

A lot of people always spent their free time to vacation or perhaps go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity this is look different you can read a new book. It is really fun for yourself. If you enjoy the book that you just read you can spent all day long to reading a book. The book Victory Over Anger it is very good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. In the event you did not have enough space to deliver this book you can buy the e-book. You can m0ore simply to read this book from the smart phone. The price is not to fund but this book features high quality.

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