



# Stuck: How to Overcome Your Anger and Reclaim Your Life

*F. Remy Diederich*

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## **Are You STUCK in Anger?**

Getting stuck in anger is one of the worst places to be. It leaves you confused, not knowing what to do next. If that's where you find yourself today, then *STUCK* may be the book to help you get unstuck.

## **A Practical Guide to Overcoming Anger**

F. Remy Diederich goes beyond anger management to provide his readers with practical, spiritual insight into how to overcome anger. He offers helpful analysis of the question, *What is anger?* and then carefully suggests approaches, often step-by-step, to help you navigate the process of letting go of your anger and getting your life back on track with God's help.

## **A Bible-based Approach on How to Forgive**

F. Remy Diederich's writing is rich in biblical thought and counsel but not simplistic in its application or blind to the realities of human weakness. Issues of anger management, grief, boundaries, and how to forgive are carefully looked at from a biblical perspective. He also includes a special section on how to forgive yourself.

## **A Compassionate, Realistic Approach to Reconciliation**

While encouraging reconciliation, Remy is also aware that reconciliation is not always possible and offers alternatives. Because of *STUCK*'s helpful "how-to" nature, you will want to highlight key thoughts and return to them again and again. It's an excellent book for counselors and pastors to pass on to their clients.

## **What will you learn from STUCK?**

- The answer to the question: what is anger?
- Seven reasons why those closest to you often tick you off
- How to take control of your anger and let it work for you
- Seven reasons you stay stuck in broken relationships
- Why grieving is so important after a significant loss
- A practical guide on how to forgive others
- How to help others forgive you and reconcile
- How to forgive yourself
- How to move on from your past and reclaim your life

If you are "stuck" in anger, do yourself a favor and read this book. It could be just the thing you need to help you get unstuck and move on with your life. Still not sure? Go to the top of this page and check out the "Look Inside The Book" feature to take a glance at how this book can help you "overcome your anger and reclaim your life."

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#### **Lori Johnson:**

In this 21st hundred years, people become competitive in each and every way. By being competitive currently, people have do something to make all of them survives, being in the middle of the crowded place and notice by means of surrounding. One thing that often many people have underestimated that for a while is reading. Yeah, by reading a guide your ability to survive enhance then having chance to remain than other is high. For yourself who want to start reading some sort of book, we give you that Stuck: How to Overcome Your Anger and Reclaim Your Life book as nice and daily reading guide. Why, because this book is greater than just a book.

#### **Katrina Frey:**

A lot of people always spent their own free time to vacation or perhaps go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity that's look different you can read a book. It is really fun for yourself. If you enjoy the book which you read you can spent 24 hours a day to reading a e-book. The book Stuck: How to Overcome Your Anger and Reclaim Your Life it is rather good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. In the event you did not have enough space to create this book you can buy the actual e-book. You can m0ore quickly to read this book out of your smart phone. The price is not to fund but this book has high quality.

#### **Denise Zimmerman:**

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understanding by that book. Do you want to spend your spare time to open your book? Or just trying to find the Stuck: How to Overcome Your Anger and Reclaim Your Life when you necessary it?

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