



## Como sobrevivir en un mundo lleno de enojo: Encuentre su camino a la paz personal

*By Charles F. Stanley*

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### **Como sobrevivir en un mundo lleno de enojo: Encuentre su camino a la paz personal** By Charles F. Stanley

The premise of this book is that learning to let go of anger—and ultimately forgiving the offender—will transform the foundation of every kind of relationship we have. Stanley defines anger as "a strong feeling of intense displeasure, hostility, or indignation as a result of a real or an imagined threat or insult, frustration, or injustice toward yourself or towards someone who's very important to you." Building on this definition, Stanley...

1. Helps readers identify the signs of anger, so they can identify anger in themselves.
2. Reveals the far-reaching consequences of anger, which encompass the spiritual, emotional, and physical.
3. Teaches readers how to handle anger through thirteen concrete steps.
4. Walks readers through the steps to true forgiveness and the healing power it brings.

With compassion and a wealth of biblical understanding, Stanley explains that the measure of a person is "the size of thing that makes them angry." He goes on to distinguish between healthy and harmful anger and reminds us that "righteous indignation" is a divine emotion. However, he skillfully explains that misguided anger eats away at ourselves, our relationships with others, and our relationship with God. By helping readers look honestly at the source of their anger, he gently leads them to the ability to truly forgive and find the peace they seek.

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### **Editorial Review**

#### **About the Author**

Dr. Charles F. Stanley is a *New York Times* bestselling author who has written more than sixty books, with sales of more than ten million copies. He has been senior pastor of the First Baptist Church in Atlanta, Georgia since 1971, and his outreach ministry—In Touch—reaches more than 2,800 radio and television outlets in more than fifty languages. Dr. Stanley was inducted into the National Religious Broadcaster's (NRB) Hall of Fame in 1988. Dr. Stanley's goal is best represented by In Touch Ministries' mission statement: to lead people worldwide into a growing relationship with Jesus Christ and to strengthen the local church. This is because, as he says, "It is the Word of God and the work of God that changes people's lives."

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