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Tim LaHaye

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Es cierto. La ira es un problema general, pero usted no tiene por que soportarlo! En realidad, se vuelve problema cuando no sabemos de donde viene, como se manifiesta (o se oculta) y que podemos hacer con ella. O nos controla o la controlamos. La decisión es nuestra. Los autores nos dicen que necesitamos saber cómo dominar la emoción de la ira. La examinan desde le principio hasta el final, y nos ayudan a evaluar nuestro propio "Cociente de Irritabilidad" con ejercicios prácticos. Aprenda a enfrentarse a la ira y a los conflictos. De esta manera podrá sanar relaciones dañadas y ayudar a otros a dominar su ira. La lectura de esta obra lo conducirá a una forma de vida más llena de paz, provecho y significado. Poco de lo que aprenda le será más útil que esto. Cuando contemple su propia vida desde la perspectiva que le ofrecen estos dos notables autores en su obra conjunta, se dará cuanta que "Usted se Enoja por que Quiere."

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