



Anger and Forgiveness: How to Overcome Anger and Learn to Forgive (Paperback)

By Patricia a Carlisle

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book contains proven steps and strategies on how to learn to forgive. Anger is a human emotion. It is strongly linked to rage, and all of us have experienced it in some form since we were children. We are taught as children that anger and rage are not OK, and so we learn very early on to hide our anger and our rage. Anger is also linked to fear. It is often a fear response that triggers an angry outburst, and is part of the fight or flight response. But fighting and retreating are actions that we take in response to an external threat. These actions are built into our system, and exist in order to preserve our life-they are a function of the part of our brain known as the limbic system. When the limbic system is triggered, we find we have acted before we have realized it consciously. On the other hand, fear and anger are responding to an internal thought or perception about a situation. Since these are an internal representation of what we see, we can...

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