



Healing Life's Hurts

Graham Bretherick

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Every hurt generates anger, even if we are not aware of it. Because we do not understand how common anger is to our everyday experience, we repress it instead of using it to help us. When anger is understood in its original purpose, we grasp how it may work for our benefit. This book provides a new understanding of anger and its valuable place in our lives. 'The first third of the book describes my understanding of anger from a Biblical perspective. The second part is about practical ways to deal with anger issues in one's life. The final third of the book deals with forgiveness and how forgiveness can release us from the grip of unresolved hurt and anger in our lives.'

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