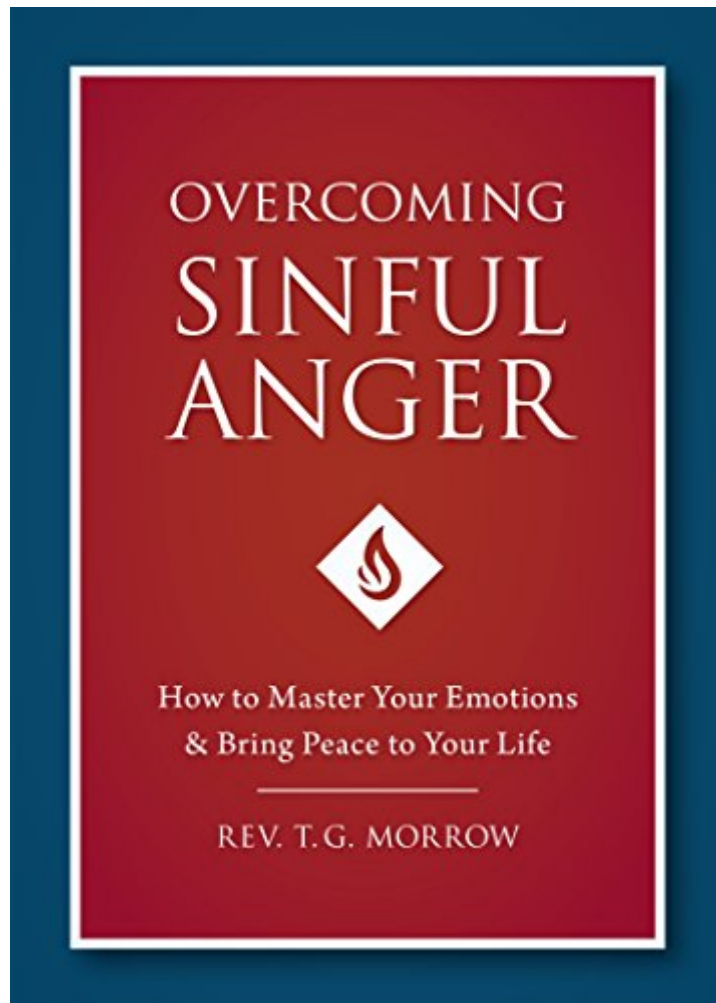




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# Overcoming Sinful Anger



## Synopsis

In these pages, the wise Fr. Morrow shows you how to pull the rug out from beneath your anger and reclaim a life of peace and grace. You'll come to understand the root causes of angry behavior, ways to heal painful memories, and how to deal well with your hurts and humiliations.

## Book Information

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## Customer Reviews

Did you know that unrighteous anger is on the same list of sins as those of the flesh and other devious behavior? The issue of anger is no small deal. Gratefully, there are several ways to overcome this bad habit. Sophia Institute Press' newest book, *Overcoming Sinful Anger* by Rev. T.G. Morrow, teaches the reader what the dangers are for people with temper problems and exactly how to curb and rid this behavior. I have a bit of a temper at times, too. That was one reason I was so excited to pick up this book. The author covers the different kinds of anger people express, how to recognize it, how to deal with it, and how to overcome it. I found the book to be very effective.

More than an "if you experience this, do this" or "if you have this problem, try this" guide, the author pours biblical and saintly teaching into the pages. By filling the pages with divine content and voices from saints with their own anger problems, the reader finishes each chapter with confidence in God's word and the Communion of Saints. What does the book teach? In this book, I learned:- The difference between passive-aggressive, blowups, and perpetual anger - How to process the things that anger me, recognizing them as important or ephemeral (and what to do with both). - How to use forgiveness, anger as a cross, and praising God, to overcome a potential bout with anger. The contents in this book are essential and highly effective for anyone with an iota of anger in their life. It is a disease of the soul and this book explains the cure.

Father Morrow is an excellent writer and his spiritual wisdom is invaluable. I am most grateful that he wrote and published this book. My current life situation can produce bouts of anger from me, and I do not want it to control my actions. He provides very practical skills that if applied, can help me change my behavior. When I described the book to a friend of mind, she wants to read it because she is still dealing with anger about the loss of her husband, one of her daughters, and that daughter's child, in the last 8 years. I recommend this book to anyone who wants to handle anger from a spiritual perspective. I suggest you try the spiritual perspective versus the secular. I have had anger management training, and pursued other books. The element missing is the alternative behavior's spiritual side, which gives my life a deeper root in stability and fortitude.

What a disappointment. I'm surprised that this title came from Sophia Press and it's hard to understand how many people have given this book a positive review -- it had little to offer a typical wife and mother by way of curbing normal, everyday outbursts of temper. It seemed to be directed at self-centered adults who struggle with irrational outburst of anger (involving throwing and breaking things while trashing a room... does that sound normal to you??) as a by-product of severe immaturity and inability to see beyond one's own irrational, childish demands. The examples the author gives of "angry behavior" were symptomatic of a total lack of maturity, not the momentary indulgence in an angry word or tone that we are all prone to. Some of the suggestions for overcoming anger were equally ridiculous - suggestions like calling your husband "a hairy beast" and playfully saying things like, "I'll never speak to you again!" when feeling provoked, are techniques that at best, evade the real issue, and at worst, are condescending and dis-empowering. The chapter on turning anger toward God into praise had real promise, until the author only gave examples of people who praised God through their struggles and then experienced miraculous

solutions to their problems. Instead of emphasizing that, "in all our troubles, our joy knows no bounds," the reader is given the impression that if we praise God in time of trouble, all will be fixed according to our own desires. In short, sinful anger is a legitimate habit to seek to break. This is not the book to look to for help.

...If it wasn't for the chapter for married couples. My husband and I both had a good laugh. The author gives advice for wives to basically flirt with their husband when she's mad so as not to hurt her husband's manhood. Then to just shut up and take his anger. I can understand suggesting the wife not get nasty or mean when she's mad, but this advice seems to belittle the wife and her needs. The advice for husbands is to "listen" when she's mad and no advice on how he is to act when he is mad. I suggest you simply skip this chapter and read what could have been a five star book.

This book is phenomenal! I have had anger issues for my entire life. This book is short, direct, and clear. I love it. I have just purchased two more as gifts and will probably increase those too. For me it is a parenting book and marriage book in one.

I must agree that this book is quite a disappointment. If you are a serious Catholic looking for something heavy on authentic Catholic theology and moral teachings, this book ain't it. It best fits in the genre of pop psychology, given the author's heavy reliance on contributions from that field. Here is a suggestion, one way to avoid at least one episode of sinful anger is to not waste your money on this book.

Pathways of Learning on the Catholic Channel of SiriusXM radio will interview Fr. Thomas Morrow about his book, *Overcoming Sinful Anger* this week. It was an easy and interesting read. Whether the reader is challenged by his/her temper, or loves someone who is challenged, Fr. Morrow offers insight and practical advice that is hopeful. As an educator, I picked up valuable pointers that will help teachers and parents direct young people who struggle with inappropriate behavior due to ADD, ADHD, allergies, oppositional defiance, etc. It's a book about practical spirituality for the adult and youth. Mostly it is for the individual who wants better relationships. There are references to other authors who provide additional expertise. Great advice for dating and marriage. Read it! It's definitely worth the time and effort.

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