



# When Good Men Get Angry: The Spiritual Art of Managing Anger

By Bill Perkins



## When Good Men Get Angry: The Spiritual Art of Managing Anger By Bill Perkins

Be honest, guys: Have you ever made a foolish or harmful decision when angry? Have you ever said or done something in the heat of the moment that you wish you could take back? Or do you tend to keep your anger hidden, choosing to bury the feeling and hoping it just goes away? No matter how often you get angry, or how you express it, Bill Perkins (best-selling author of *When Good Men Are Tempted* and *6 Rules Every Man Must Break*) has written this book to provide you with the insight and biblical strategy you need to deal with this crucial issue (as well as help for the women in your life who are walking through the anger with you). Illustrated with research-based statistics and real-life stories of men who have successfully dealt with anger, *When Good Men Get Angry* explores the foundations of anger?what it is, where it comes from, how Jesus expressed it, and how the new and good man in you can control it.

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### Editorial Review

#### Review

“In this book, Bill Perkins offers biblical perspectives to matters such as control, pride, forgiveness, and respect. He shows how a mastery of such underlying issues will directly affect your use of anger.”

-Dr. Les Carter, author of *The Anger Trap*

“Bill Perkins is a master storyteller. This is one of the most entertaining books for men I’ve ever read. I’d recommend it to any man who’s dealing with anger.”

-David Murrow, author of *Why Men Hate Going to Church*

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#### From the Back Cover

Even good men get angry. (Jesus did.)

It’s good to get angry sometimes?in fact, we know from the life of Jesus that anger is the right response in certain situations. But think about it . . . how did Jesus *handle* his anger? Did he shout personal insults at those who angered him? Freeze them out with the silent treatment? Cut them down to size with sarcasm? Drive like a maniac?

As a believer, you are a new man in Christ. Yet sometimes the pressure builds up, and you find yourself behaving in ways that don’t reflect the God-driven life you want to lead. When that happens, it’s time to figure out how to control your anger as Jesus did?before it begins to control you.

Based on years of counseling and working with men, popular author and speaker Bill Perkins addresses the six issues that are crucial to understanding, processing, and expressing your anger. Written for men who have questions about anger and those who love and live with them, *When Good Men Get Angry* is a straight-talk guide on how to harness your anger and use it for God’s purposes.

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#### Catherine Poppe:

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### **Claudia Chittum:**

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### **William Johnson:**

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