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

Bill Perkins

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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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