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Counseling for Anger (Resources for Christian Counseling)

Mark P. Cosgrove

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Skilled as a counselor, Dr. Mark Cosgrove also brings an academician's rigor and a researcher's expertise to the increasingly massive professional literature on anger. But the author has not chosen to produce a weighty, scholarly treatise on his subject. Instead, he has written a practical, informative, and helpful book that draws on the research literature and is illustrated by examples that often come from his own counseling experiences.

This book is part of a series that is intended to be practical and helpful. Written by counseling experts, each of whom has a strong Christian commitment and extensive counseling experience, the volumes are intended to be examples of accurate psychology and careful use of Scripture.

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