



Uncovering Anger One Layer at a Time: Discover the Freedom of Forgiveness

By Dr Sylvia Galvez

Dr. Sylvia Galvez, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is about the author who struggled with anger as a child, teenager and young adult. After working 20 years with angry teenage girls, she saw herself through their anger issues and learned how to uncover her own anger one layer at a time, freeing herself through the power of forgiveness. What an amazing discovery! This is a must read book! Do you ever find yourself angry at the smallest things? There are probably stacks and stacks of layers, events that left scars on your heart and soul. Anger sulks in those layers and develops a hard bitterness toward life. Are you mad all the time? Do little things turn into huge irritations? Do you always feel like somebody is doing something to you? How far back do you have to go to get at what is hurting you? Uncovering your anger is the key to getting healthy, to enjoying life, to finding peace. This book will give you tools identify the sources of your anger and to heal by forgiving the ones who hurt...

DOWNLOAD



READ ONLINE

[1.53 MB]

Reviews

The ideal publication i possibly go through. It is amongst the most awesome publication we have study. I am just easily will get a satisfaction of studying a published publication.

-- **Shanie Cartwright**

This pdf is definitely not easy to get started on studying but quite entertaining to read through. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ms. Fatima Erdman**