



Getting the Best of Your Anger: Before It Gets the Best of You

Dr. Les Carter

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Make anger your ally, not your enemy.

Anger isn't wrong in itself--it's the way we use and express it that can be labeled right or wrong. You can learn to channel your anger in a positive way and make it a strength, a way of standing up for yourself and promoting change.

Getting the Best of Your Anger helps you take charge, whether you need to use anger less frequently or more powerfully. Dr. Les Carter explains:

- what anger is and why we experience it
- how to identify your level of anger
- behaviors that make anger an enemy
- how to express anger in constructive ways
- how to argue fairly

Don't let anger get the best of you. With the guidance in this book, you can learn to control the emotions you've been given.

"Dr. Carter's recommendations for getting anger under control are biblically accurate and psychologically sound. With this book he shows that people can be both good and angry."--Paul Meier, Meier Clinics

Les Carter, PhD, was on staff with the Minirth Clinic in Richardson, Texas, for twenty-five years. He has since cofounded the Southlake Psychiatric and Counseling Center in Southlake, Texas. He is the author or coauthor of several books, including the bestselling *The Anger Workbook*.

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