



Workbook for Gary D Chapman's Anger (Unofficial)

By Workbook Publishing



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Imagine 2 scenarios.

In the first one you have just finished reading Anger: Taming a Powerful Emotion. It was a great book and you remember that it mentioned a lot of smart things. But you can't remember much of it now as you close the book.

In the second scenario you have just finished the same book. The difference now is that you have a plan for how to implement this new knowledge to improve your life.

Most people will find themselves in scenario one.

We believe that reading is an investment. You spend time with a book because you hope that it will make you happier, healthier, wealthier or smarter. But simply just reading a great book is not enough. You have to take action!

In this workbook you will be guided through the process of how to make real and lasting changes from what you have read.

PLEASE NOTE: This is an unofficial workbook and was created to be used as a compliment to Gary D Chapman's book: Anger.

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