



Anger And Forgiveness: How To Overcome Anger And Learn To Forgive (anger managment, forgiveness, Letting Go)

Patricia A Carlisle

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This book contains proven steps and strategies on how to learn to forgive. Anger is a human emotion. It is strongly linked to rage, and all of us have experienced it in some form since we were children. We are taught as children that anger and rage are not OK, and so we learn very early on to hide our anger and our rage. Anger is also linked to fear. It is often a fear response that triggers an angry outburst, and is part of the fight or flight response. But fighting and retreating are actions that we take in response to an external threat. These actions are built into our system, and exist in order to preserve our life-they are a function of the part of our brain known as the limbic system. When the limbic system is triggered, we find we have acted before we have realized it consciously. On the other hand, fear and anger are responding to an internal thought or perception about a situation. Since these are an internal representation of what we see, we can usually do something about these types of reactions before they create a problem for us. Being hurt is part of life. Most people have pains and hurts and sometimes, we tend to be so overpowered by it we often swear we will never forgive the person who hurt us. The more we dwell on the pain and hurt, the longer it will not give us peace. It is only in forgiving that we can finally move on and free ourselves from the bondage of anxiety and anger - that is the magic of forgiveness. In fact, the magic of forgiveness will help us become free from hatred, anger and vengeance. You could have thoughts about revenge, and the longer the thought comes to our minds, the longer you will keep the feelings of resentment with you. And the longer we become attached to the feeling, the longer it will take us to be truly happy in life. Also, emotional baggage that we carry throughout life can prevent us from living our lives to the fullest. If you are one of those who have kept grudges throughout the years, you can learn a few steps in achieving your total happiness, and the first step is forgiveness. If you allow the negative feelings that come along with resentment to take over your life, you will eventually be swallowed up by negative energies that will eventually put your physical body at risk. Also, your feeling of bitterness and your search for revenge can be carried towards your new relationships with others. Of course, it is hard to forgive someone especially if you were hurt deeply, but then you have to think of the great things that forgiveness can do for you. Although forgiveness may not be something that can happen overnight, it is important that you work on it and try to work on it little by little. Forgiveness is a process.

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