

# losing it

a Christian  
Parent's  
Guide to  
Overcoming  
anger



luke gilkeron

# Losing It A Christian Parents Guide To Overcoming Anger

**Mark Steyvers**



## **Losing It A Christian Parents Guide To Overcoming Anger:**

**Losing It** Luke Gilkerson, 2015-08-14 While many of us don't like to accept it we yell at criticize grumble with and get frustrated with our kids more than we care to admit *Losing It A Christian Parent's Guide to Overcoming Anger* is a short guide to help parents who want to get to the bottom of their sinful anger Offering a simple step by step approach it explores what the Scriptures have to say about the roots of anger *Losing It* takes readers on a deeper journey than simply anger management techniques Breaking the grip of anger is not primarily about behavior modification but about repenting of often hidden desires of the heart that rule us and running to the living God who alone can satisfy us The book covers Why anger is a good thing and how we botch it up The importance of labeling our anger correctly How we find the root causes of our anger How to repent of anger in a way that really sticks Super practical advice about how to get a grip on anger in tempting moments *Life after Loss* Bob Deits, 2008-08-04 The grief and recovery classic fully revised and updated Loss is

overwhelming After a loved one's death a divorce an injury or disease or another major life change recovery often seems daunting if not impossible *Life after Loss* is the go to resource for anyone who has suffered a major loss With great compassion and insight Bob Deits provides essential wisdom and practical exercises for navigating the uncertain terrain of grief and recovery Now in its sixth edition this guide is fully updated with new advice on catastrophic losses guidance on using technology to foster connections and maintain support networks and reflections from Deits ongoing counseling and his firsthand experiences After a destabilizing change *Life after Loss* helps you to find positive ways to put together a life that is necessarily different but equally meaningful [The Addiction Treatment Planner](#) Robert R. Perkinson, Arthur E. Jongsma, Jr., Timothy J. Bruce, 2022-03-29 Clarify simplify and accelerate the treatment planning process so you can spend more time with clients *The Addiction Treatment Planner Sixth Edition* provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payers and state and federal agencies This valuable resource contains treatment plan components for 48 behaviorally based presenting problems including depression intimate relationship conflicts chronic pain anxiety substance use borderline personality and more You'll save hours by speeding up the completion of time consuming paperwork without sacrificing your freedom to develop customized treatment plans for clients This updated edition includes new and revised evidence based objectives and interventions new online resources expanded references an expanded list of client workbooks and self help titles and the latest information on assessment instruments In addition you'll find new chapters on some of today's most challenging issues Opioid Use Disorder Panic Agoraphobia Loneliness and Vocational Stress New suggested homework exercises will help you encourage your clients to bridge their therapeutic work to home Quickly and easily develop treatment plans that satisfy third party requirements Access extensive references for treatment techniques client workbooks and more Offer effective and evidence based homework exercises to clients with any of 48 behaviorally based presenting problems Enjoy time saving

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