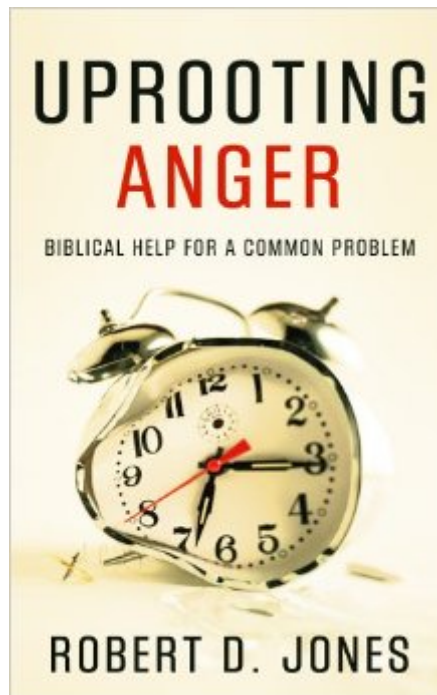


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# Uprooting Anger: Biblical Help For A Common Problem



## Synopsis

Grandma was right. You've got to get the weeds by the roots, or they'll just grow back. So too with deep-rooted anger. Moralistic efforts to be patient with your coworkers won't cut it. Regret-riddled resolutions to stop yelling at your kids won't last. You must rip out those angry roots. But is uprooting sinful anger a realistic goal? Can it happen? God's answer in the Bible is "Yes!" Whether you tend to simmer or strike out, whether you implode or explode, there is biblical help for you. Robert Jones shows us how to effect godly change in our lives in this practical Christ-centered resource.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (34 customer reviews)

Best Sellers Rank: #25,328 in Books (See Top 100 in Books) #17 in [Books > Self-Help > Anger Management](#) #22 in [Books > Christian Books & Bibles > Ministry & Evangelism > Counseling & Recovery](#) #193 in [Books > Christian Books & Bibles > Christian Living > Self Help](#)

## Customer Reviews

Where did my anger come from? I didn't know I was an angry man until the autumn when my 2-year-old decided to stop sleeping at night and my wife contracted mononucleosis and had to sleep a lot. At the time, I thought my surprising rages came from groggy days and sleepless nights. But my friend Bob Jones contends that my sinful anger came from the residue of corruption in my new but still imperfect heart. In *Uprooting Anger: Biblical Help For a Common Problem*, Jones insightfully teaches what the Bible says about anger's true cause and gospel cure. The greatest strength of this incisive little book is the careful, nuanced thought the author has dedicated to the biblical data, combined with field-tested practical application. Jones was a pastor for 18 years, and it shows. His extensive counseling experience provides a wealth of true-to-life illustrations. *Uprooting Anger* covers a lot of ground. Not only does Jones provide a biblical definition of anger, a diagnostic for gauging the righteousness of anger and a detailed roadmap to change, but he also delves into specific problems with anger--such as anger against God and anger directed at yourself. A whole

chapter is also devoted to helping others deal with their anger. This is a body-life book, practical theology at its best. Along the way, Jones dispels some of the psychological fog that floats through our culture. For example, he claims that the Bible nowhere teaches that we should "forgive ourselves."

Robert Jones gives us a good in depth look at Anger and why it is such a problem for people today. Anger doesn't just cause us to bring disrespect to the Name of God, but it destroys our relationships with those around us as well as our relationship with the Lord. Jones starts off with a good Biblical Look at the issue of Anger. The scope of scripture he uses is a good tool for anyone who experiences anger or is trying to help a fellow Christian who is dealing with anger. I found myself putting each of the scriptures he was referencing into my scripture memory app on my iPad so that I could start to memorize these and put them in my heart to help me deal with anger when it arises in my life. Jones then goes on to talk about the two main ways people deal with anger, Venting and Stuffing. We either express our anger in tantrums of venting where we loose our tongue and let the verbal attack spew forth towards anyone that is around us. The words are hurtful and never healing. Afterwards we may feel better because we have released some steam, but those around us are now struggling with anger at being the receivers of our venting. The other style is that of "stuffing" our anger. We bury it deep within ourselves. People around us don't necessarily have a clue how angry we are. But it takes a toll on our health, our emotions and our spiritual condition. Stuffing usually leads to bitterness and distrust. Jones gives 7 practical steps to help us deal with venting and 7 practical steps to help us deal with stuffing. I found that point #7 on both lists was the same and the most practical, "Study Scripture more and hide God's word in your heart." Finally Jones has a discussion on "Anger at God."

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