



A Woman's Forbidden Emotion: How to Own, Express and Use Your Anger to Grow More Spiritually and Relationally Alive

H. Norman Wright, Ph.D. Gary Oliver

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Did you know that it is OK to get angry? In fact, anger is a proper and godly response to some of the challenges we face. Written specifically for women and counselors, A Woman's Forbidden Emotion displaces the popular notion that good Christian women shouldn't get angry. Not for any reason, not at anyone, not ever. While the Bible instructs that believers should be long-suffering, it also shows how anger can be a vital tool in God's hands for bringing about needed change.

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