



# Splashing Over: Practical Anger Management for Christians

*Mark Ian Thompson*

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Do you ever feel so full of emotion that you are afraid that you are going to splash out in anger at anyone that's close to you? Many Christians assume that once they accept Christ as their Saviour that all of the anger, hurt and regret of their pasts are wiped away with the sin. The truth is that we all store negative emotion over our lives and that emotion can spill out at any time, hurting those that we love the most. In Splashing Over, anger management expert and Christian therapist Mark Thompson reveals his own difficult journey from an abusive family to breaking the cycles of generational sin and anger. Each chapter details practical systems that can be used to gain self control over negative expressions of anger, to resolve conflicts and eventually to drain the stored emotion through forgiveness and genuine healing. Each section ends with a healing prayer that brings the reader into active change. Follow Mark's journey as he takes the reader from the trauma of past sins to the freedom that can be found in the healing power of Christ. Harold Rust, President of Canadian Lutheran Bible Institute says, "Mark Thompson has done a superb job of weaving personal story, expert analysis and practical application into a very compelling resource for all who deal with anger issues."



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