

Do Yourself a Favor...Forgive: Learn How to Take Control of Your Life Through Forgiveness

By Joyce Meyer

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Do Yourself a Favor...Forgive: Learn How to Take Control of Your Life Through Forgiveness By Joyce Meyer

Building on her signature message of using the mind to master difficult emotions, Joyce Meyer focuses on the most destructive, insidious one of all: anger. It is responsible for broken relationships, sleepless nights, high blood pressure and ulcers. It destroys friendships, marriages and families, not to mention peace of mind. Anger is especially hard to handle for many Christians who have learned from childhood that "good Christians don't get angry." Meyer argues that properly handled, anger is an alert system that something is wrong and needs to be resolved.

In her latest book, she delves into the important process of forgiving, explaining its positive impact on the roots, the forms and the results of anger.

Why forgive? Joyce explains that forgiving is the only thing that can free one from the terrible turmoil that anger causes to spill over into every part of life.

Meyer understands that life will never be fair, but that is not a reason to let anger destroy our well-being and health. This is her guide to navigating that thorny territory and finding true peace.

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Editorial Review

About the Author
Joyce Meyer is one of the world's leading practical Bible teachers, with her TV and radio broadcast, *Enjoying Everyday Life*, airing on nearly 450 television networks and 400 radio stations worldwide.

Her bestselling books include *Power Thoughts*, *Battlefield of the Mind*, *Starting Your Day Right, Look Great, Feel Great, The Confident Woman, I Dare You, Never Give Up!* and *Power Thoughts*.

Joyce holds conferences approximately 15 times each year, worldwide, speaking to thousands.

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