



# Winning Over Anger

*Carla J. Gilstrap*

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# Winning Over Anger

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## **Winning Over Anger** Carla J. Gilstrap

Have you ever been so angry that you just wanted to scream? What about so angry that you have screamed screamed obscenities, insults, and abuse? When was the last time you could control the anger instead of the anger controlling you?

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