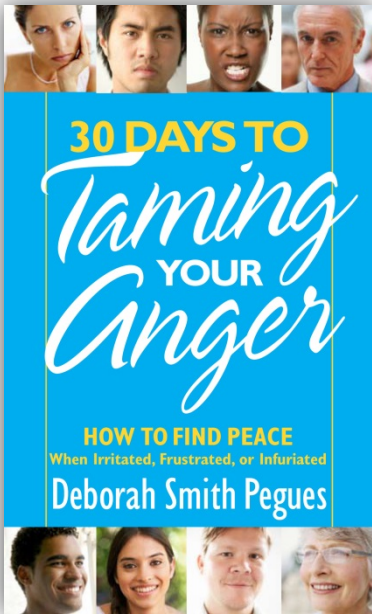


30 Days to Taming Your Anger

How to Find Peace in the Midst of Everyday Displeasures



America is angry. Every day, stories of anger and violence dominate the headlines. Whether it's the death of an innocent bystander in a gang-related shooting gone wrong, irritation in the skies (now called air rage, a cousin to road rage), frustrated politicians who can't come to an agreement on how to spend American dollars, or the everyday annoyance of a traffic-jammed commute, anger is in abundance.

"We often think of anger in terms of rage, which is the most extreme form of anger, but the everyday displeasures of life can also stir up anger and cause us to lose our sense of peace," says Deborah Smith Pegues, an international speaker, Bible teacher, certified behavioral consultant, and author of the new book, *30 Days to Taming Your Anger* (Harvest House Publishers, April 2013). "We really need to look below the surface at anger to discover how it starts, if we're going to experience victory over it and find peace."

Pegues cites the recent story of Christopher Dorner, the former police officer who sought revenge against the LAPD for racial discrimination. The underlying emotion? He felt *disadvantaged* and *powerless* to fix the perceived inequities, she says. Unfortunately he allowed these two emotions to turn into rage that led to horrific, life-altering consequences for many people.

"What many people don't understand is that anger is a secondary emotion," says Pegues. "There is always an underlying or primary emotion at the root of our displeasure. It is these kinds of emotions that if not dealt with in a biblical, godly manner, can often spiral into full-blown anger."

Throughout her book, Pegues outlines several strategies for dealing with these common manifestations of anger as well as the underlying, primary emotions in a healthy, biblical way. She also discusses non-emotional triggers that many people experience, including physical pain, food, chemical imbalances, and environmental issues, and includes several pages of Bible verses dealing with anger.

"Anger is a God-given emotion," says Pegues. "We are free to be angry or experience anger without fear of God's wrath. He only judges us on how we respond to it. Anger can lead to constructive outcomes; it can be the impetus for fighting injustice, for consciousness-raising, for exposing toxic relationships, and much more. It never has to be associated with the intemperance of violence in your life."

Deborah Smith Pegues is an international speaker, award-winning author, a Bible teacher, certified public accountant, and certified behavioral consultant, specializing in understanding personality temperaments. Her books include the best-seller *30 Days to Taming Your Tongue* (over 650,000 copies sold), *30 Days to Taming Your Finances*, *Emergency Prayers*, and *Confronting Without Offending*.



Suggested Interview Questions

- Deborah, I think you would agree that anger is something we all deal with on a nearly daily basis. Our culture seems to thrive on anger. Somebody's always raging about something. How do we even begin to deal with this challenging emotion?
- You grew up with a father who you say was always angry. How do you think his anger affected who you are today?
- When can anger be a healthy emotion versus a negative emotion?
- What are the three ways that anger can manifest itself?
- How do I respond to daily irritations in a way that is God-honoring?
- What are some practical strategies for dealing with everyday frustration?
- You share a story about Passive Pat. How does she exemplify passivity?
- What are the benefits of responding to anger in an assertive way?
- What do you do when you're plagued with fear, which often is at the root of anger?
- How do you advise we deal with humiliation to keep it from escalating into anger?
- What are some strategies to help those who feel disadvantaged?
- How do we get out of the pit of powerlessness?
- How is anger connected with depression?
- How should we handle criticism?
- Every day you hear stories of someone being offended. What should our response be when someone offends us?
- You share about a particularly stressful time in your life, where your brother-in-law died, your mother passed away, your husband had major surgery, and you were juggling multiple deadlines all within about a two week time span. How did you keep from becoming overwhelmed and growing angry?
- While anger is often caused by primary emotions, you say it can also be caused by non-emotional triggers such as food, the environment, physical pain, and chemical imbalances. If we struggle with something of this nature, what are some practical ways we can keep from growing angry?

Discussion Topics for Deborah

Here are some suggested topics you might consider for an interview with Deborah:

She's Gonna Blow

Americans have a love/hate affair with anger. Our movies, music, and politics are full of it—and so are our daily lives. From minor irritations like a long commute to full-fledged rage in the case of murder, anger is a core emotion that we experience nearly every day in some form or another. In this interview, Deborah will discuss how we can achieve victory over destructive anger, how we can identify those situations and people that trigger our anger response, and why anger, when handled biblically, can be a surprisingly constructive emotion.

Breaking Free from the Prison of Aggression

Do you find yourself “flying off the handle” more often than not? Maybe you constantly yell at your kids, hurl put-downs at your spouse when you don't get your way, or threaten those around you to shape up—*or else*. But responding to anger-inducing situations with aggressive behavior does nothing but create more problems. In this interview, Deborah will lead your listeners through a personal inventory exercise to determine if they're stuck in the prison of aggression and then share five ways to break free.

Meet Pat: Pitfalls of Passivity

Have you met Passive Pat? She's the one who makes every effort to accommodate requests for others, no matter the cost to herself. She may have a raging inferno inside but on the outside, she's cool as a cucumber. Pat may believe that anger is sinful or perhaps is afraid to rock the boat, thus doing everything to keep the peace. In this interview, Deborah will explain how responding with passivity to anger-inducing situations can have both physical and mental consequences, how to overcome passive expressions of your anger, and how to deal with anger-inducing situations in a healthy way.

Irritation: Master Your Triggers

Ever got cut off in traffic and mumbled a few choice words? Or, how do you respond when the shopper in front of you has 20 items in the 10 item line? They may seem like everyday annoyances but if your reactions are not carefully managed, these irritations could turn into full-blown, destructive anger. In this interview, Deborah will share how you can commit to developing the fruit of the Spirit to cope with these situations, how to change your perspective to maintain peace, and four sure-fire ways to deal with other people's irritating behavior.

Primary Emotions: The Root Causes of Anger

We often think of anger as a primary emotion, but it's actually secondary. With nearly all forms of anger, there is an underlying issue going on that if not managed properly, can lead to anger. In this interview, Deborah will look at things like depression, manipulation, rejection, and criticism and discuss how these situations can often lead to anger. She'll share coping strategies as well as key truths from the Bible of how to properly manage these often-felt emotions.

Meet Deborah Smith Pegues



Bestselling author and international speaker, **Deborah Smith Pegues**, delivers sage advice on relational, financial, and emotional freedom for secular and religious audiences around the world. She is a high-energy, inspiring motivator, effectively incorporating humor and hard-hitting directness into her presentations. Deborah has the unique ability to address readers across all social, racial, and economic strata.

She has been the featured guest on numerous radio and television talk shows to discuss the life-changing principles set forth in her works. Repeat invitations as well as letters from around the world affirm the effectiveness of her writings and teaching.

A prolific writer, her most popular book, ***30 Days to Taming the Tongue***, challenges readers to embark upon 30 days of verbal abstinence from 30 negative uses of the tongue including complaining, gossiping, lying, retaliating, etc. With sales in excess of 650,000 copies, this book has revolutionized conversations around the world. ***Emergency Prayers***, a book of crisis prayers for those times when only God can solve the problem, has redefined what it means to “pray the Word”; many have reported miracles from praying the simple but powerful Scripture-based prayers. ***Confronting Without Offending*** sets forth strategies for effective confrontation of interpersonal conflicts with special strategies based upon personality temperament while ***30 Days to Taming Your Emotions*** is a consolidation of three of her most impactful books for taming stress, wrong attitudes, and emotional insecurity.

A seasoned professional and astute businesswoman, Deborah has held executive positions in several major corporations including ten years as Vice President of MCA INC. / Universal Studios' venture capital division and three years as manager of forecasting and budgeting for Hughes Aircraft's billion-dollar space & communications division. She has also served as financial consultant to several celebrities, various non-profit organizations, and emerging businesses domestically and in South Africa. She prepared the initial financial projections for the development of the wildly successful Magic Johnson Theater chain. Deborah also served for almost nine years as chief financial officer of West Angeles Church, one of the leading mega-churches in the USA, headed by Bishop Charles Blake (presiding bishop of the Church of God in Christ International). In connection with the construction of their \$66-million landmark cathedral, she negotiated the largest financing commitment ever extended to a church in the United States at that time.

A Certified Public Accountant with a bachelor's degree in accounting from the University of North Texas and an MBA degree in finance from the University of Southern California, Deborah is also a certified behavioral consultant. She specializes in helping people understand, accept, and appreciate personality differences.

She is in great demand to share her expertise on church financial management and leadership essentials. Her advice has appeared in *Essence* magazine, *Charisma*, *Redbook*, and other national publications. Deborah's community involvement has included serving on the Board of Directors of the Christian Entertainers Fellowship, Inc., an outreach organization for high profile entertainers, Save Africa's Children, Inc., Evangelical Christian Credit Union (ECCU), and special stints of sharing her wisdom with numerous other nonprofit organizations. She currently serves on the Board of Directors for World Vision USA, the billion-dollar Christian humanitarian organization that helps relieve poverty in over 100 countries.

Deborah and her husband, Darnell Pegues, have been happily married for 34 years.