



Boiling Point: Understanding Men and Anger

Stephen Arterburn, David Stroop

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Being a man in the twenty-first century isn't easy. In fact, trying to live up to a masculine ideal that may be nothing more than myth has left many men frustrated and angry. Often unable to express their emotions, these men appear buttoned-up until a seemingly minor setback unleashes a torrent of rage that can destroy personal and professional relationships.

Does this sound familiar?

- The mistakes of other drivers fill him with road rage
- Setbacks at work send him into a tailspin
- Unmet expectations in his relationship leave him seething
- Holidays and other occasions are filled with tension instead of joy

Suppressed anger, when it finally boils over, scalds everyone involved—including loved ones, co-workers, and even strangers.

Christian counselors David Stoop and Stephen Arterburn offer solutions in this trade paper version of *The Angry Man*. They show what happens when men's deep-rooted anger starts to ruin relationships, jobs, and health, and they help sufferers find their way back from the brink. Men will find the help they need to reimagine a positive image of their masculinity; their loved ones will find advice on reaching a man at his boiling point.

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