



# Footprints To The Other Side Of Anger

*Rita Ann Granrath Corrado*

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## **Footprints To The Other Side Of Anger** Rita Ann Granrath Corrado

This book was written in memory of my brother Robert August Granrath. He passed away suddenly on July 12, 2009, while vacationing in Scotland. He is very sadly missed by all. The purpose of this book is to help people handle their anger in a healthy way and learn how to forgive. I refer to twelve step programs and to books written by other authors. Dr. Fred Luskin the author of *Forgive For Love* spent his life being a forgiveness teacher. There are different steps he uses to help people forgive. Mother Teresa's quote is used. She tells single mother's to pray and forgive. The book *The Heart Of The Soul* by Gary Zukav and Linda Francis talks about the core cause of anger is a feeling of lack of self worth. Because we feel worthless we are terrified by life. If we learn to work through our anger we become the person we want to be. We begin to see how our anger can make a better person out of us if we handle it correctly. We must not expect to recover over night. It takes time and we all have emotional slips during recovery. My book mentions Michele Crawford who is a registered clinical counselor and Canadian certified counselor says there is healthy anger and unhealthy anger. If it is healthy it moves ahead to a solution to the problem. If it is unhealthy it festers, stews and holds grudges blames the other person and finds fault. It usually results in an eruption like a volcano, a tantrum or a rage. Unhealthy anger she says is like drinking poison hoping it will kill the enemy. The book talks about when we feel anger we should take some quiet time first before we deal with it. We really hurt ourselves physically and emotionally by not handling our emotion of anger properly. Instead of hurting ourselves by keeping company with emotional instability, resentment, and bitterness, why don't we start being good to ourselves by making friends with some new behaviors. Quietness will help cure our emotional instability. Serenity will cushion the blow when upsetting things happen outside of ourselves. This is only the beginning of the journey to the other side of anger. We will begin to see how our anger if treated properly can make us into the person we want to be.

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