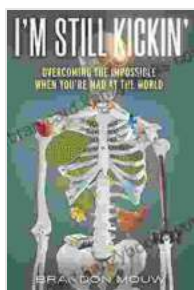


# Overcoming the Impossible When You're Mad at the World

Are you consumed by anger, resentment, and disappointment? Do you feel like the world has wronged you and that life is unfair? If so, this book is for you.

In *Overcoming the Impossible When You're Mad at the World*, bestselling author and therapist Dr. Thema Bryant-Davis offers a powerful and practical guide to healing and hope.



## I'm Still Kickin': Overcoming the Impossible When You're Mad at the World by Brandon Mouw

★★★★★ 5 out of 5

Language : English

File size : 4275 KB

Screen Reader : Supported

Print length : 33 pages



Drawing on her own experiences as well as the stories of her clients, Dr. Bryant-Davis explores the roots of anger, the impact of trauma, and the power of forgiveness. She offers concrete coping mechanisms and strategies for moving forward, even when life feels overwhelming.

With compassion and wisdom, Dr. Bryant-Davis shows us how to:

- Understand the roots of our anger

- Develop healthy coping mechanisms
- Forgive ourselves and others
- Find hope and healing

If you're ready to let go of anger and embrace a more fulfilling life, this book is for you.

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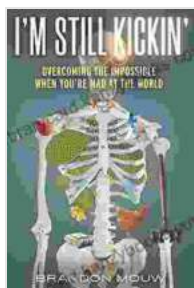
"Dr. Bryant-Davis has written a powerful and important book. *Overcoming the Impossible When You're Mad at the World* is a must-read for anyone who has ever struggled with anger, resentment, or disappointment. This book will help you understand the roots of your anger, develop coping mechanisms, and ultimately find healing and hope." - **Oprah Winfrey**

"Dr. Bryant-Davis is a gifted therapist and storyteller. *Overcoming the Impossible When You're Mad at the World* is a beautifully written and deeply moving book. This book will change lives." - **Brené Brown, PhD, author of *Daring Greatly* and *Rising Strong***

"*Overcoming the Impossible When You're Mad at the World* is a powerful and practical guide to healing and hope. Dr. Bryant-Davis offers concrete coping mechanisms and strategies for moving forward, even when life feels overwhelming. This book is a must-read for anyone who has ever struggled with anger or disappointment." - **Glennon Doyle, author of *Untamed* and *Love Warrior***

## About the Author

Dr. Thema Bryant-Davis is a licensed psychologist, speaker, and author. She is the founder and director of the Center for Cultural Studies at the University of California, Berkeley. Dr. Bryant-Davis is a regular contributor to *The Oprah Winfrey Show* and has been featured in *The New York Times*, *The Washington Post*, and *Time* magazine.



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