



How to Pray When You're Pissed at God: Or Anyone Else for That Matter

Ian Punnett

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When things really go wrong, what do you do with the feeling that God is to blame? A popular Coast to Coast radio host (and Episcopal clergy) provides some answers. In a first of its kind book, Ian Punnett provides a spiritual path for expressing your rawest emotions through prayer and how to rebuild a relationship with one's higher power--or anybody else in your life.

In this important and practical book, Ian Punnett provides insight on feeling anger and resentment toward God and offers advice on how to deal with the pain and blame that accompanies these emotions. In a book that is edgy, timely, funny and compassionate, Punnett presents real help in everyday language for transforming the negativity of anger into a positive and useful force that will ultimately help us pray more effectively, bring us closer to God, enhance our spiritual relationship, and change the way we live and love others.

After a divorce, a broken friendship, the death of a loved one, the loss of a job or even the accumulation of all the tiny cracks in our spirit from life's disappointments, it's easy to feel pissed at God. When anger is left unchecked, it is harmful to our minds, bodies and souls.

"How to Pray When You're Pissed at God is not "the last word" on angry prayer," Punnett writes, "but it might be the first words you have ever heard on the topic. By the end of the book, it is my hope that you'll understand the role of anger in our lives, the benefit of honest prayer, and the need for honest, angry prayer in the lives of the faithful and faithless."

From the Hardcover edition.

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