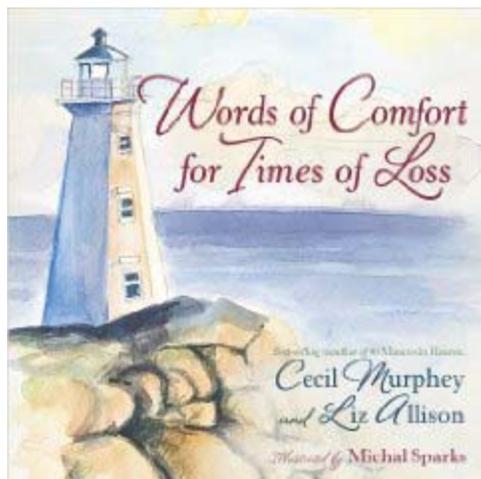


Cec's aphorism for today:  
I'm seldom angry about what I think I'm angry about.



Do you know someone who has recently lost a loved one? Consider giving them this comforting new book.

## All That Anger

"Dick" had raged long enough (although he wouldn't have used that term) until I said, "You're really upset, aren't you?"

"And I have good reason to be angry." Dick had yelled about unemployment, the corrupt politicians, and a lengthy rant that the pastor and members of his church had failed him. He went on a second verbal blast that included good chunks of profanity as well.

When his monologue finally ran down, I said to him, "I've learned something important about my anger. I'm willing to share it with you if you'd like."

Dick shrugged.

He knows I regularly write aphorisms—short statements that make a point with few words. "I can give it to you in one sentence."

"Try me."

"I'm seldom angry about what I think I'm angry about."

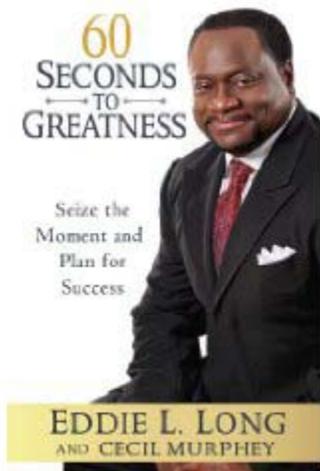
He stared blankly and I repeated my aphorism. "I don't get it. I *know* what I'm angry about."

"Do you?" I asked. I've known Dick for enough years that I can challenge him and he won't swing that powerful fist toward my face.

He started complaining again—although I'd heard it the first time.

I held up my hand. "I wonder. . . I wonder if that's what really upsets you." I let those words hang for a minute before I said, "You've mentioned three things that make you angry. Maybe that's correct or maybe. . ."

"Mavbe what?"



Full of 60-second exercises, quizzes, and affirmations, Bishop Long's breakthrough book will challenge everything readers think they know about transforming their lives. Long shows how to take cues from inspirational Biblical figures—from the prophet Nehemiah's right mindset to Joseph's work ethic. And just as Jacob and Esther did, the reader can move from mediocrity to magnificence in God's eyes.



When Cec first started writing, he made a double commitment to God and to himself: 1) he would never stop learning, and 2) he would do whatever he could to help other writers. Writers will appreciate Cec's new blog.

"Maybe what?"

"Maybe they're easy targets. Maybe they're safe to get angry about." I didn't wait for Dick to refute my statements or to yell again. I told him about myself. "I used to get angry a lot, until I admitted that the object of my anger wasn't always the true object."

I figured out that most of the time I was angry at myself for making a blunder; sometimes I was angry at someone I loved; occasionally, I got mad at God for not making things go my way. Mostly, I was angry at myself for not being perfect.

I'm not sure Dick ever agreed with me; but then, I assume that if I tell the truth (as I see it) he can receive or reject it.

## Personal News

This month two books come off the press. The first is [Words of Comfort for Times of Loss](#), which I wrote with Liz Allison.

The second, [60 Seconds to Greatness](#), is a book I wrote with Bishop Eddie Long.

Regal Books has offered me a contract for *Understanding God, Understanding Myself*, which is based on 52 of my aphorisms.

Except for a two-day trip to Toronto, I've been home since late October and I won't travel for another month. I think I can learn to like this more leisurely paced life.

## The Twila Zone—Words from my assistant, Twila Belk

After much prodding, I'm happy to announce that Cec is finally bringing his wisdom gained from years of writing to the blogosphere. This week we launched [www.cec-murpheys-writer-to-writer.blogspot.com](http://www.cec-murpheys-writer-to-writer.blogspot.com). If you are a writer or have an interest in writing, you might want to follow Cec's posts.

Because of the success of this year's [Christmas Miracles](#) book, St. Martin's Press has already contracted with Cec and Marley Gibson to do a second book, *The Christmas Spirit*, scheduled for fall 2011 release. They are currently receiving submissions for the book. With thoughts of Christmas still fresh in your mind, now would be a good time to write your Christmas story. Visit [www.christmasspiritbook.com](http://www.christmasspiritbook.com) for guidelines and submission details.

Cec's newest gift book, [Words of Comfort for Times of](#)



Do you have a great Christmas story to share?  
Submissions for *The Christmas Spirit*, the  
follow-up book to *Christmas Miracles*, are now  
being accepted.

Cec's newest gift book, [\*Words of Comfort for Times of Loss\*](#), comes out this month. If you work with grief support groups, in hospice care, in a funeral home, or in another type of grief ministry and would like to help Cec by recommending this book as a resource, I'd be happy to send you a copy. Contact me at [twila@gottatellsomebody.com](mailto:twila@gottatellsomebody.com).