

## Live with the Louhs: Coping With Anger



Fr. Nicholas and Dr. Roxanne Louh

# LIVE WITH THE LOUHS

**77 TALKRADIO  
WABC**  
*Sundays at 6AM*

 Download on the  
App Store

 GET IT ON  
Google Play

On this week's episode of "Live with the Louhs," a radio ministry of the Greek Orthodox Archdiocese of America, hosts Fr. Nicholas and his wife, Dr. Roxanne, a Clinical Psychologist, discuss one of the greatest struggles we all face from time to time, how to cope with anger. In this very informative show, the Louhs share the root causes of why we get so angry as well as the physiological impact it not only has in that moment, but its prolonged impact in the future. Then in the Louh Down, a portion of the show where Fr. Nicholas and Dr. Roxanne practical and applicable

tools you can apply to your own everyday life, they review 5 tips you can use when you find yourself getting angry.

Live with the Louh's airs every Sunday from 6:30-7:30 A.M on 77WABC radio in New York City or you can download the message afterwards by going to the radio's website at, <https://wabcradio.com/show/live-with-the-louhs/>. If you have any comments or questions for the Louhs, you can email them at [\[email protected\]](#). To find out more about the Louhs, their ministry and their brand new book, *Renewing You: A Priest, A Psychologist and A Plan*, please visit their website at [TheLouhs.com](http://TheLouhs.com).

[goarch.org](http://goarch.org)

