

## Live with the Louhs: Coping With Anger

Fr. Nicholas and Dr. Roxanne Louh

# LIVE WITH THE LOUHS

A photograph of Fr. Nicholas and Dr. Roxanne Louh sitting on a white couch. They are both smiling. Fr. Nicholas is wearing a black clerical shirt, and Dr. Roxanne is wearing a black top. They are positioned in front of a white, ornate fireplace mantel.

**77 TALK RADIO  
WABC**  
Sundays at 6AM

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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 Louhs 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 [\[email protected\]](mailto:[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).

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