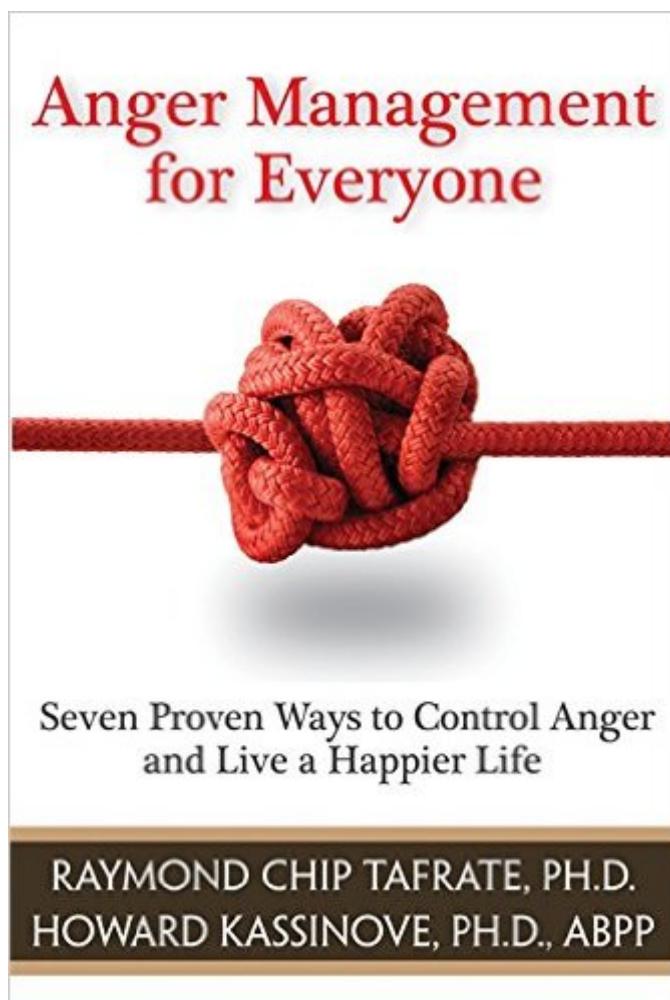


The book was found

Anger Management For Everyone: Seven Proven Ways To Control Anger And Live A Happier Life



Synopsis

Now, from the authors ofÂ Anger Management: The Complete Treatment Guidebook for Practitioners, here at last is a comprehensive program for the rest of us! Tafrate and Kassinove bring their expertise and research-based understanding to everyone interested in controlling their anger. Is your anger:making others uncomfortable and creating distance in your relationships?disrupting your ability to think clearly and make good decisions?resulting in behaviors that you later regret or recall with embarrassment?Anger Management for EveryoneÂ shows you how to cope with life's adversity, unfairness, and disappointment, so you can successfully âœput anger in its proper place and live a vital, happy, and upbeat life.â •

Book Information

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Customer Reviews

This book is the best of its kind on the market. I am a psychologist who has worked for years in both the business and clinical realm. I have often had the challenge of coaching executives whose career has been stymied because of their anger and aggression, managers who are neither liked nor respected but feared because of their reactions, and employees who are on the cusp of losing their jobs because they lack the understanding and/or motivation to take responsibility for their angry responses. Historically, in all these cases, I had been forced to cobble together information from different sources in an effort to educate and support my clients; this book changes the playing field. This is the first book I have found that offers a comprehensive approach to changing one's anger responses, from offering a substantial education on the basics of anger, to a strong discussion on change readiness, to its 7 proven ways to change anger and ultimately living a happier life, this

book has been long awaited and is a welcomed addition to anyone who has worked with angry people. Moreover, it is a gift to those people who have had difficulty managing their own anger. Whether they are currently aware of how their anger affects them and others around them, this book is an excellent tool to make them aware and create the opportunity to create change. One of the strongest facets of this book is its structure. It is broken down into 3 parts, each part containing various chapters that provide important information in easily consumed sections. Part I: Anger Basics. This section is among the clearest most concise and comprehensible reviews of anger and is broken down into 3 chapters. Chapter 1: Anger 101: Common Questions and Answers.

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