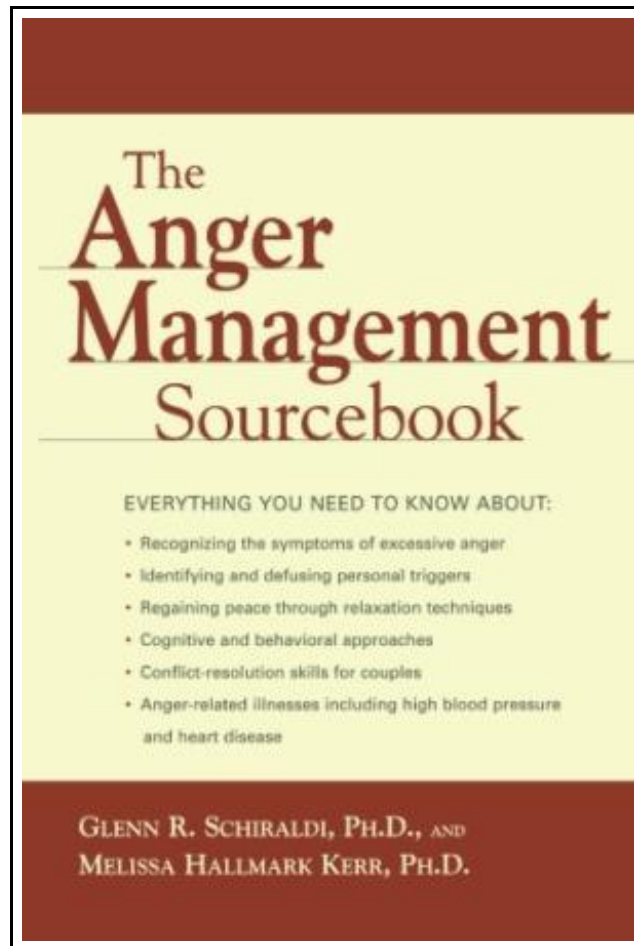


The Anger Management Sourcebook



Filesize: 9.19 MB

Reviews

It is one of my personal favorite books. It is written in easy terms and never hard to understand. It has been designed in an exceedingly easy way and it is only after I finished reading this publication by which I in fact changed me, change the way I think.

(Lucinda Stiedemann)

THE ANGER MANAGEMENT SOURCEBOOK



McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, The Anger Management Sourcebook, Glenn R. Schiraldi, Melissa Hallmark Kerr, 'A 'must-use book' for those who are serious about managing their anger more effectively' - Robert J. Hedaya, M.D., Founder, National Center for Whole Psychiatry and author of "The Anti-Depressant Survival Program". Learn to control your anger even when everything goes wrong: A car cuts you off in traffic, you recklessly chase it down; a coworker questions your decision, you instantly blow up; and, your spouse goes golfing, you don't speak to him for weeks. Excessive anger destroys relationships, careers, health, and inner peace. It saps the joy of living, leaves you feeling ashamed and foolish, and turns everyday challenges into explosive battlegrounds. Break the vicious cycle of anger with the expert advice in "The Anger Management Sourcebook". Follow this straightforward program and in just seven weeks discover the levelheaded parent, spouse, coworker, and friend you've always known was buried beneath your surly surface. Packed with practical tips, this guide helps you recognize anger triggers, choose effective alternatives, and constructively channel your energy. In these pages, you'll find a variety of approaches for managing this complex emotion, including: anticipating and defusing volatile situations; handling criticism without flying off the handle; calming down with meditation and imagery techniques; getting enough sleep, nutrition, and exercise; keeping an anger journal; changing hostility to trust; healing your deepest hurts with compassion; and, replacing bitterness with empathy and forgiveness. While a little bit of anger might serve a purpose, a lot of it can ruin your life. Take control and manage your anger so that you and those around you can enjoy a calmer, more peaceful, more pleasant existence.



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