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For Everyone

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Ways To

Control Anger

And Live A

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About Emotions What

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...  
□ Anger Management  
for Everyone is a  
practical, easy to follow  
guide to getting control  
of your anger so that  
you can live a more  
productive life today.

Written by anger-  
experts, Tafrate and  
Kassinove, the reader  
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these recommendations are based on proven research and clinical wisdom. Rather than get angry, get this book. □

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Seven Proven Ways To Control Anger  
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for anyone who has ever had issues with anger or anger management. It would likely be helpful to those people with partners or family members with anger issues, as well as therapists who would like to offer their clients concrete and specific guidelines on how to better manage anger.

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The authors bring their significant expertise and research-based understanding to everyone who is interested in learning to control their anger reactions.

□ A practical, easy-to-follow guide to getting

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control of your anger so that you can live a more productive life today. □

Rather than get angry, get this book. □ □Robert L. Leahy, PhD, director of the American

Institute for Cognitive Therapy We all get

angry sometimes. But if you feel angry all of time□and if your anger makes others

uncomfortable, creates

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distance in your relationships, disrupts your ability to think clearly and make good decisions, or otherwise results in behaviors that you regret or find embarrassing later—it's time to make a change.

Written by two clinical psychologists with decades of experience using cognitive behavioral interventions

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to treat anger, Anger Management for Everyone provides a comprehensive, research-based program to keep anger in its place. This revised and updated second edition includes new information on the environmental effects on anger, such as hunger and sleep; new progressive muscle relaxation and



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mindfulness exercises;  
and new strategies and  
tips for improving social  
and interpersonal skills.

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learn how to cope with everyday disappointments and frustrations, and experience more happiness, success, and vitality in all areas of your life.

## Happier Life

Don't let anger harm your health, career, and relationships: □No individual□not even Freud himself□has had a

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greater impact on  
modern psychotherapy.□

□Psychology Today  
Seven Proven  
Anger is universal.

Unchecked, it can cause  
lasting damage in our  
lives: wrecked  
relationships, lost jobs,  
even serious disease.

Yet in these increasingly  
stressful times, all of us  
have acted in anger□and  
often wished we hadn't.

Is there a way that really

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works to solve problems  
and assert ourselves  
without being angry?

The answer is a  
resounding yes, if you  
follow the breakthrough  
steps of Rational  
Emotive Behavior  
Therapy (REBT). This  
proven approach,  
developed by world-  
renowned  
psychotherapist Dr.  
Albert Ellis, has

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withstood the test of time, helping countless people deal effectively with emotional problems. Using easy-to-master instructions and exercises, this classic book will show you how to apply REBT techniques to understand the roots and nature of your anger, and take control of and reduce angry reactions.

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Here you will discover:

The rational and  
irrational aspects of  
anger Special insights  
into your self-angering  
beliefs How to think,  
feel, and act your way  
out of anger How to  
relax How to accept  
yourself with your anger  
. . and much more that  
will help you challenge  
and eliminate the anger  
that can frustrate

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Management and happiness at home, at work, anywhere.

Seven Proven

Ways To Control Yourself: □

Becoming so angry you have trouble thinking? □

Acting impulsively during angry outbursts?

□ Getting so mad that you feel out of control of your actions? If these strong, sudden bursts of anger sound all too

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familiar, you know the impact they have over your life. Over time, these responses can actually hard-wire our brains to respond angrily in situations that normally wouldn't cause us to lose our cool. These anger pathways in the brain can eventually disrupt your work, strain your relationships, and even



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Management  
damage your health.

Written by anger  
management expert

Ronald Potter-Efron,

Healing the Angry Brain

can help you short-  
circuit the anger cycle

and learn to calmly

handle even the most  
stressful interactions.

You will learn which  
areas of your brain are  
causing your reactions  
and discover how to

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take control of your emotions by rewiring your brain for greater patience and perspective. This fascinating, scientific approach to anger management will yield long-term results, helping you develop greater empathy and put effective conflict resolution skills into practice for years to

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Provides information for  
mental health

practitioners on the

basics of anger and  
anger disorder, and

describes an anger

management program

that can be modified for

use in private practice or

institutional settings.

Discover a compassion-

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based method for  
defusing conflict and  
creating better  
relationships in every  
area of your life ? How  
do you respond to  
anger in yourself or  
others? Do you fight fire  
with fire, or run for  
cover? Dr. Christian  
Conte created "Yield  
Theory" as a way to  
meet conflict without  
aggression or

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submissiveness through the practice of compassionate listening, de-escalation, and genuine communication. With *Walking Through Anger*, he teaches you this revolutionary model for dealing with anger and inflamed emotions in an increasingly divisive world.

Combining Buddhist wisdom, neuroscience,

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and Dr. Conte's hands-on experience as one of today's top anger management therapists, he offers powerful tools for resolving conflict in a way that promotes deeper connection and understanding. Yield Theory is a form of radical self-compassion that lets you circumvent the brain's fight-or-flight responses in

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yourself and the person you're talking to. With an accessible style and practical guidance, Dr. Conte takes you through the seven steps of this potent method: acceptance, authenticity, conscious education, creativity, elimination of shame, mindfulness, and non-attachment.

□ Although Yield Theory has proven to be an

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effective tool for therapists and counselors," says Dr. Conte, "it's ultimately a way of life. In my experience, anyone from career criminals to parents can learn this approach to transform the way we understand each other—and our true Selves."

The Gift of Anger

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shows you how to discover the deeper meaning behind your anger, and change the relationships and situations in your life that frustrate you. In seven simple and effective steps, this book guides you past any level of anger, from mild irritation to rage, and toward a balanced approach to using anger

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for greater understanding and well-being. By learning to see anger as a gift, you'll be able to: Regain emotional balance after becoming angry; Identify and name the unmet needs at the root of your anger; Create an action plan for ensuring your needs are met; and Understand and forgive others and have

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Workbook for Men:

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Quick and easy-to-learn

strategies for dealing

with anger on the spot!

If you struggle with

problem anger, you

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know how much it can hurt your relationships and get in the way of your happiness. When you're faced with a difficult situation or anger trigger, it's all too easy to get swept up in your emotions. That's why you need quick and immediate tools you can use in the moment—whenever anger takes hold. Based

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in proven-effective cognitive behavioral therapy (CBT), Instant Anger Management is a take-anywhere guide for managing anger—whenever and wherever you are. Using quick and simple—try this—interventions—such as breathing, acceptance, and self-expression—you'll learn to stay grounded,

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identify your triggers, and balance your emotions. You'll also find tips and strategies to help you maintain a more positive outlook on life. Packed with skills to help you:

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being defensive

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Clinical psychologist  
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partner's angry words and behavior. When Someone You Love Is Angry combines the latest research with real-life testimony, resulting in a survival guide for those exposed to toxic anger, outlining a unique seven-step program to minimize the emotional damage of loving, but angry, relationships: -



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Recognizing and putting a stop to abusive behavior - Avoiding facilitation of the anger syndrome - Refraining from angry responses -  
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