

## Beyond Anger A Guide

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Written by a psychologist who specializes in the treatment of male rage, Beyond Anger shows the angry - and miserable - man how to change his life and relationships for the better. This book helps men understand their anger by explaining what the specific symptoms of chronic anger are and by showing angry men how their actions negatively affect family, friends, and coworkers.

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Beyond Anger is honest, tough, and real. In this revised edition, Harbin will update references throughout and discuss new topics such as the role of the internet and social media in fueling anger and how to protect yourself against these pitfalls, as well as a discussion on anger and aging, the political landscape and anger, PTSD, a brand-new section on preventing relapse into anger, and many other relevant, timely topics.

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Beyond Anger & Violence is the first manualized intervention for women that focuses on anger, as well as the trauma they may have experienced. It utilizes a variety of evidence-based therapeutic strategies (i.e., psycho-education, role playing, mindfulness activities, cognitive behavioral restructuring and grounding skills for trauma triggers).

~~Stephanie Covington, Ph.D., L.C.S.W. □ Beyond Anger and ...~~

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Men tend to express their anger differently than women do. Research shows men are often more violent and less willing to confront and deal with their emotions than women. Written by a psychologist who specializes in the treatment of male rage, Beyond Anger shows the angry - and miserable - man how to change his life and relationships for the better. This book helps men understand their anger by explaining what the specific symptoms of chronic anger are and by showing angry men how their actions negatively affect family, friends, and coworkers. It helps men control violent feelings by using simple exercises - developed especially for men - to identify when and why anger occurs and by helping them

form new habits to prevent anger before it starts. Women, too, will learn essential strategies for understanding and helping the angry men in their lives. Beyond Anger is honest, tough, and real.

A revised and updated edition of the popular self-help book for men that addresses contemporary issues and how they impact the way men deal with anger. Men tend to express their anger differently than women do. Research shows men are often more violent and less willing to confront and deal with their emotions than women. Written by a psychologist who specializes in the treatment of male rage, Beyond Anger shows the angry--and miserable--man how to change his life and relationships for the better. This book helps men understand their anger by explaining what the specific symptoms of chronic anger are and by showing angry men how their actions negatively affect family, friends, and coworkers. It helps men control violent feelings by using simple exercises--developed especially for men--to identify when and why anger occurs and by helping them form new habits to prevent anger before it starts. Women, too, will learn essential strategies for understanding and helping the angry men in their lives. Beyond Anger is honest, tough, and real. In this revised edition, Harbin will update references throughout and discuss new topics such as the role of the internet and social media in fueling anger and how to protect yourself against these pitfalls, as well as a discussion on anger and aging, the political landscape and anger, PTSD, a brand-new section on preventing relapse into anger, and many other relevant, timely topics.

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This is a forty-hour, evidence-based, gender-responsive, trauma-informed treatment program specifically developed for women who have difficulty managing anger. The curriculum uses a Social-Ecological Model to understand anger and violence. This four-level model considers the complex interplay between individual, relationship, community, and societal factors. It addresses the factors that put people at risk for experiencing overwhelming feelings of anger and perpetrating assaultive acts or destruction of property. This model is used by the Center for Disease Control and Prevention and was used in the Prison Rape Elimination Act (PREA) research on women in prison.

This new book from anger expert Potter-Efron offers powerful, emergency help to anyone whose extreme and volatile rages cause him or her to lose control of emotions, behaviors, and even conscious awareness--causing sometimes irreparable emotional and physical harm to themselves, their loved ones, and, occasionally, to innocent by-standers....

The tenets of Nonviolent Communication are applied to a variety of settings, including the classroom and the home, in these booklets on how to resolve conflict peacefully. Illustrative exercises, sample stories, and role-playing activities offer the opportunity for self-evaluation, discovery, and application. This step-by-step guide provides information on how to refocus attention when angry and create satisfying outcomes for everyone. If one can avoid moralistic judgments about the wrongness of the other person's behavior, anger can become as a life-enriching emotion and a window into personal needs and values.

You can feel it when it hits you. Your face flushes and your vision narrows. Your heartbeat increases as judgmental thoughts flood your mind. Your anger has been triggered, and you're about to say or do something that will likely make it worse. You have an alternative. By practicing the Nonviolent Communication (NVC) process you can use that anger to serve a specific, life-enriching purpose. It tells you that you're disconnected from what you value and that your needs are not being met. Rather than managing your anger by suppressing your feelings or blasting someone with your judgments, Marshall Rosenberg shows you how to use anger to discover what you need, and then how to meet your needs in constructive ways. This booklet will help you apply these four key truths: - People or events may spark your anger but your own judgments are its cause - Judging others as "wrong" prevents you from connecting with your unmet needs - Getting clear about your needs helps you identify solutions satisfying to everyone - Creating strategies focused on meeting your needs transforms anger into positive actions

If you've picked up this book, chances are you're someone with a serious anger problem. Your explosive temper has probably cost you jobs, friends, loved ones—maybe even your liberty. If it hasn't yet, it soon will, unless you do something about it. This book contains a powerful and straightforward system for taking control of your anger and your life. This program is not easy, and it might even be painful at times—but it works. The book will teach you how your anger escalates and what you can do to change your angry thoughts and behaviors. Then it's your turn. When you make and keep that promise to yourself to stay calm no matter what, the happier, safer life you want will become a possibility. With this book, you'll be able to: □Identify the causes of your anger □Avoid violence, blaming, and threats □Stay calm one day at a time □Change anger-provoking thoughts □Ask for what you want without anger

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Dr. Jantz shows women how to accept the truth of their anger examine where it comes from be honest about how they use it be open to change be willing to forgive, even themselves be willing to feel something else besides their anger With a compassionate tone and an honest look at reality, Dr. Jantz helps women face their anger issues, move beyond them, and live the life they were meant to live.

Author Mark Stricklin knows what its like to do bonehead things in spite of your best intentions and then get angry at yourself (and occasionally with others). In fact, unless we have given up caring about everything, we all get angry from time to timeand we all need ways to deal with that feeling. In Anger Management, Stricklin explores what makes us angry, how to deal with our anger, and how to deal with angry people. Whats more, he focuses specifically on managing anger rather than eliminating it. He draws his knowledge both from his degree in psychology and from many years of dealing with people from all walks of life, who brought with them a wealth of knowledge and experience to his weekly classes in a transitional shelter. Through these classes, Stricklin has learned, relearned, changed, and reevaluated the process of embracing anger and anger managementand now he seeks to share that insight. Practical and straightforward, this guide offers down-to-earth advice on what causes anger; how to manage, accept, and express it; and how to deal with others who are angry.

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