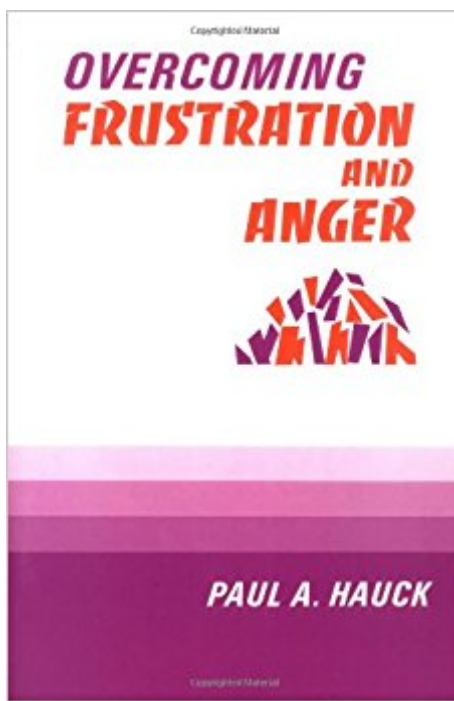


The book was found

# Overcoming Frustration And Anger



## Synopsis

How do you handle frustration? With irritation, anger, hostility, rage? By blaming the person or event bothering you? If so, your reaction will backfire and make you ill, prevent you from handling the problem at hand, and make you an unhappy person. This book shows you a better way to manage frustration and anger.

## Book Information

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Average Customer Review: 4.1 out of 5 stars Â Â See all reviews Â (18 customer reviews)

Best Sellers Rank: #698,156 in Books (See Top 100 in Books) #274 in Â Books > Self-Help > Anger Management #1189 in Â Books > Christian Books & Bibles > Christian Living > Dating & Relationships #1700 in Â Books > Christian Books & Bibles > Christian Living > Family

## Customer Reviews

I have read many self-help books (Carlson, Covey, Robbins, Walsch, Peale, Carnegie et al.), but this is the first one where I can say it made a real difference in my life. The basic idea is anger comes from two things: wanting something and not getting it. When I realized no one has ever made me angry (nor have I ever made anyone else angry), it was both empowering and sobering. I realized I was responsible for my response to events. I was in control of my life. I cannot blame anyone for anything. Anger comes from wanting to get your way, which may not happen all the time. To realize anger is self-inflicted made it easy for me to stop. A perfect example: getting mad at someone who cuts you off in traffic. You have no power to prevent such an event, but you have unlimited options on how to respond, only one of which is to get angry. You could just as easily sing, dance, drive into a wall or stop the car. The other driver does nothing to you; you do it all to yourself. You have the ability to decide what your response will be. Yet many of us scream and yell and get upset at what the other driver "did" to us. No one reached into our brains and "forced" us to feel or act in a certain way. Another good part of this book is how to be assertive without being aggressive. You don't have to be a doormat to stay calm in life. I bought this book because I was frustrated with my lack of

success at work. I learned frustration is just another form of anger, also self-inflicted. You can stop it anytime you like. I found it rather easy to do. I've given this book to 3 people and recommended it to several others.

I have just completed writing a three-part article for my company on understanding and dealing with frustration. After weeks of research on the topic, this was definitely the most helpful resource I found on dealing with frustration and anger. Instead of being just another self-help book attempting to make you feel better about yourself, it provided concrete steps to change the way you think and feel when confronted with frustration. The idea that you create your own emotions to an event is very helpful. It takes you from where you are today, right now, and gives you a way to be a happier and more pleasant person.

One of the better self-help books I have on my shelf. The words in this one stick with me. I catch myself getting upset over something and some of the author's "tricks" to stop the anger come into thought and it makes more SENSE to not be upset than to be upset. I think the key to breaking the angry habit IS to find a way to short circuit the fuse with practical thoughts that allow you to perceive the situation in a more rational light. This book taught me some of those thoughts which gave me the choice to be angry or not.

It amused me to read some of the negative reviews of this book before posting mine. Unfortunately for some people, they need more than a book to understand how neurotic they are...The author uses simple, practical, rational methods for getting rid of your own feelings of anger and frustration... not denial, not repression, not unleashing, simply getting rid of the feelings you don't want. It's not a book about changing your life situation like leaving a husband who drives you nuts every day. It's about deciding what you want, doing that, and being happy with your choice... deciding to leave your husband or stay with him, you don't have to be angry at him or yourself or anyone else who gets in your way - there's no need to further ruin your own life with your own feelings of anger. Being neurotic means you act in ways that are harmful longterm to yourself (in so many words)... getting angry is inherently neurotic because it adds pain and suffering and often bad decisions on future actions to your own life and often others in your life as well. My hunch is that the most neurotic people (the ones who need this book the most) will probably hate it the most and not take much useful, if anything from it. And the less neurotic people who need this book less will get more out of it and make better use of it than the most neurotic ones. It's kind of like the saying, "when you need

money badly no one seems willing to give it to you, but when you no longer need the money everyone wants to give you some"... if you don't understand that saying you probably won't understand this book either. All that being said, I would recommend everyone read this book, not just once, but at least 2-3 times or more... it really does sink in more and more and become normal and logical.

This is wonderful book from Paul Hauck. Many authors focus on controlling anger but Paul does that job as well as suggesting tips how not to be doormat. There is difference between frustration and Anger. Many people when abused or taken advantage by others keep their frustrations inside without addressing them by talking over or do something about it. This causes built up feelings which may give rise to anger though it is ourselves creating anger. Paul Hauck suggests ways to show your frustration as well (assertion) as how to avoid anger in first place. This is what makes book a masterpiece. If we have options to stand up for ourselves, we don't have to put up with nonsense of others. But we can do this without anger. That is what the book is all about. Once the principles in the book are followed with discipline, we get enormous peace inside and outside and in fact it is secret of attracting others.

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