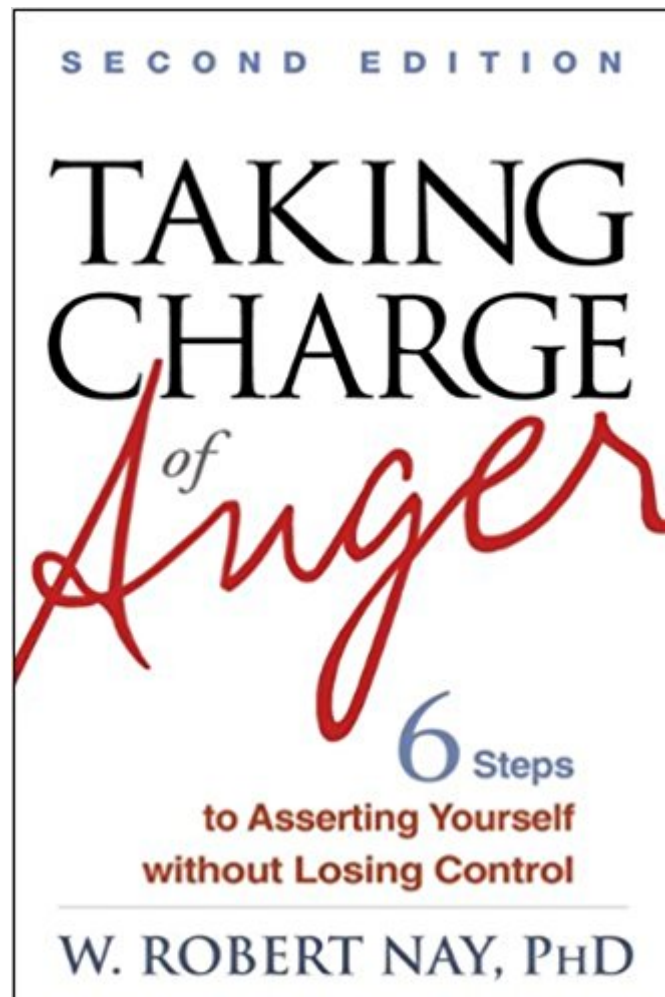


The book was found

Taking Charge Of Anger, Second Edition: Six Steps To Asserting Yourself Without Losing Control



Synopsis

This straight-talking book grounded in over 25 years of experience has already helped many tens of thousands of readers understand and manage destructive anger in all its forms. Anger expert Dr. Robert Nay guides you to:

- Figure out which of the five "faces of anger" are a problem for you, from passive aggression to all-out rage.
- Recognize the early warning signs of anger in your physical sensations and thoughts.
- Master cooling-off strategies that work in the heat of the moment.
- Identify and change unrealistic expectations you have for yourself and other people.
- Communicate effectively when differences arise.
- Practice your new skills in everyday life until they become second nature.

The second edition includes a new chapter on forgiveness, plus updated examples and resources. If anger is getting in the way of your goals or disrupting the relationships most precious to you, the time to make changes is now. See also Dr. Nay's *Anger Management Workbook: Use the STOP Method to Replace Destructive Responses with Constructive Behavior*, which helps you build core anger management skills using interactive exercises, and *Overcoming Anger in Your Relationship: How to Break the Cycle of Arguments, Put-Downs, and Stony Silences*.

Book Information

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Best Sellers Rank: #348,406 in Books (See Top 100 in Books) #163 in Books > Self-Help > Anger Management #375 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #4826 in Books > Parenting & Relationships > Parenting

Customer Reviews

A really good and practical book. It is very easy to read and use for both counseling and lay persons.

I have had issues with anger for a long time. This was recommended to me by a friend. Its an easy

to use guide on how to cope with anger, and is a quick read. Highly recommend!

So far a great book. More like a guide of how to deal with anger, gives you hope and it feels like going to therapy. I really recommend it. Looking forward to reading more from the same author.

Great book with good handouts

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Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life:
Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life Taking
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