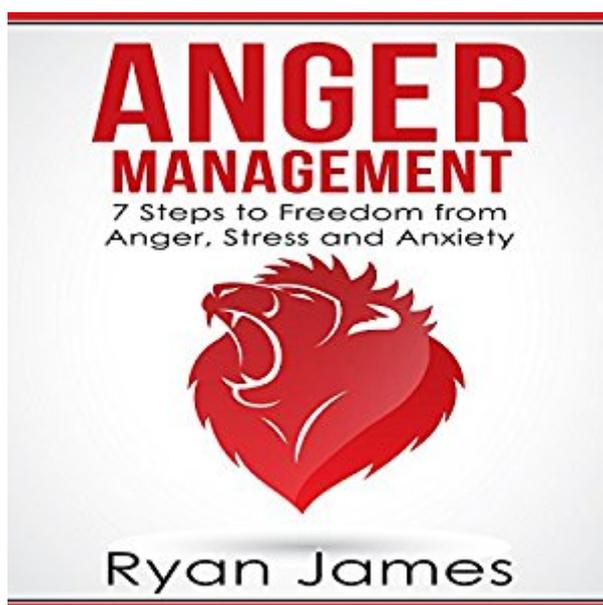


The book was found

Anger Management: 7 Steps To Freedom From Anger, Stress And Anxiety



Synopsis

Anger Management Book Series #1 Anger can ruin many different things in life, from your health to your career, to relationships and friendships. It's time to get this problem under control. In *Anger Management: 7 Steps to Freedom from Anger, Stress, and Anxiety*, you will learn: **Why Anger Is a Problem for Society:** Anger is a natural, healthy emotion, but what are the costs of it running without control? Our society is becoming increasingly angry, and it's harming not just ourselves, but others. **Where Anger Came From:** What are the origins of anger? Surely, this prevalent emotion has to have a source. Chapter one will explain this to help you understand where your emotion springs from and how best to handle it. **Different Types of Anger:** Not all anger is created equal. There's anger at a situation, anger at another person, and anger at ourselves. Understanding these distinctions can help you find healthy ways to deal with the emotion. **Handling the Emotion:** What are some healthy alternatives to burying your anger or exploding? Throughout this guide, you will be given useful tools for handling the emotion in a balanced, assertive way. By the end of this book, you should have the necessary mental tools for becoming assertive, rather than aggressive, and calm when necessary. If you're tired of being controlled by this unpredictable emotion, take matters into your own hands and listen to this useful guide.

Book Information

Audible Audio Edition

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#180 in Books > Medical Books > Psychology > Pathologies

Customer Reviews

If you struggle to control your emotions especially the emotion of anger than this book can really help you out. We all get angry at times, but it's important to be able to recognize what type of emotion we are feeling and know what to do so we can calm ourselves down. This book does a

really good job of going deep into this topic, it talked about justified vs unjustified anger, which is something I've never thought about before. With this book you'll learn how to be more self aware of when your emotions get the better of you and what to do to stop your negative thinking in its tracks. Highly recommended if you tend to get mad easily!

This book is absolutely worth-reading, very inspiring, motivational and educational book for the reason that it opens the minds of its readers with the important notions about anger management. It emphasizes the psychological and biological causes of anger.. Furthermore, it fuels critical thinking. Indeed, the author of this book did a great job in trying to provide effective ways on how to achieve anger management. I definitely recommended this book to everybody because it's truly helpful!

I love that this book is mixed with quotes evaluation pieces and general advice. I understand that some of the anger issues can be controlled and there are specific pointers to do that in here. It helps to understand the origins of anger in your head and helps to find ways to alleviate the actions that go along with anger. This book does a really good job of going deep into this topic, it talked about justified unjustified anger, which is something i've never thought about before.

Anger is normal and usually healthy for those who experience it. However, when this normal emotion is allowed to run rampant and turn destructive, it causes many issues with personal relationships, career and eventually poisons our entire life. This book will teach us the 7 steps to freedom from anger, stress and anxiety.

Anger Management is a great book for those of you out there that do not have full control over their anger. This book was great because it was short, to the point and packed with practical tips and techniques to keep anger levels down. I would totally recommend it for any guys looking to keep their stress levels down!

Gave me lots of great advice for dealing with anger issues and conflict resolution. A must read for anyone having a problem controlling anger issues. This is a book that really makes you think about yourself and the way that your mind portrays certain situations. This was a really interesting read. Excellent resource!

There is nothing like a good book. The possibility of learning about oneself is always a good thing. I am about halfway through and I like what I am reading. I will finish the book and put some of what I am reading to use in our every day life of stress and frustration.

I enjoyed this book very much. It made me feel like I am not as angry as others may judge me to be, and that improvement is always possible. I'll read through the book again and take more notes, there's enough advice in the book that I should be able to find something to help.

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CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety.
Indigo Ocean Dreams: 4 Children's Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness
Indigo Teen Dreams: Guided Relaxation Techniques Designed to Decrease Stress, Anger and Anxiety while Increasing Self-esteem and Indigo Dreams (3 CD Set): Children's Bedtime Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness
Self-Administered EMDR Therapy: Freedom from Anxiety, Anger and Depression
Indigo Teen Dreams: 2 CD Set Designed to Decrease Stress, Anger, Anxiety while Increasing Self-Esteem and Self-Awareness (Indigo Dreams)

Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger
The Young Adult's Guide to Meditation: Easy Techniques That Reduce Stress and Relieve Anger, Anxiety, & Depression
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
Anxiety: Rewire Your Brain to Overcome Anxiety, Stop Panic Attacks and Relieve Stress (Mindfulness Book 2)
Anxiety Cure Secrets: 10 Proven Ways to Reduce Anxiety & Stress Rapidly
Transforming Nurses' Stress and Anger: Steps toward Healing, Third Edition

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