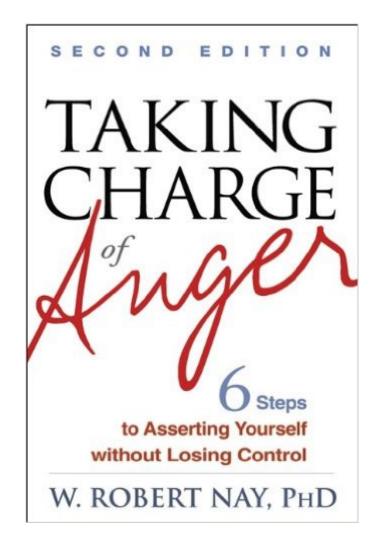
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# Taking Charge Of Anger, Second Edition: Six Steps To Asserting Yourself Without Losing Control





## 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: Å \*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. Å 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**

Paperback: 289 pages Publisher: The Guilford Press; 2 edition (March 6, 2012) Language: English ISBN-10: 1462502423 ISBN-13: 978-1462502424 Product Dimensions: 6.1 x 0.8 x 9 inches Shipping Weight: 8 ounces (View shipping rates and policies) Average Customer Review: 5.0 out of 5 stars Â See all reviews (4 customer reviews) 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

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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Taking Charge of Anger, Second Edition: Six Steps to Asserting Yourself without Losing Control Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life Anger Management for Everyone: Seven Proven Ways to Control Anger and Live a Happier Life 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 Charge of Your Fertility: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health An Empowering Guide to Lung Cancer: Six Steps to Take Charge of Your Care and Your Life Take Charge of Your Workers' Compensation Claim: An A to Z Guide for Injured Employees in California (Take Charge of Your Workers' Compensation Claim, 4th ed) Compassion without Compromise: How the Gospel Frees Us to Love Our Gay Friends Without Losing the Truth The Courage To Be A Stepmom: Finding Your Place Without Losing Yourself George Eliot Six Pack - Middlemarch, Daniel Deronda, Silas Marner, The Lifted Veil, The Mill on the Floss and Adam Bede (Illustrated with links to free ... all six books) (Six Pack Classics Book 8) Anger Experiences: Group Leader Workbook (Anger Management) (Volume 2) The Anger Workbook: An Interactive Guide to Anger Management The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Letting Go of Anger: The Eleven Most Common Anger Styles And What to Do About Them The Heart of Anger: Practical Help for the Prevention and Cure of Anger in Children ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger Heal Your Headache: The 1-2-3 Program For Taking Charge of Your Pain Taking Charge of Your Stroke Recovery: A Personal Recovery Workbook Before The Change: Taking Charge of Your Premenopause

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