



Angry All the Time: An Emergency Guide to Anger Control (2nd Revised edition)

By Ronald T. Potter-Efron

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Angry All the Time: An Emergency Guide to Anger Control (2nd Revised edition), Ronald T. Potter-Efron, Very angry people live in a trap. They say things they don't mean, hurt people they love, and even begin to hate themselves. The vicious cycle of problem anger is hard to break. Real change, an escape from the damaging patterns of persistent anger, requires good information and sound advice. Angry All the Time, Second Edition, a major revision of a best-selling classic that has helped tens of thousands of people overcome problem anger, contains both. The book is organized to move readers along the shortest path to recovery: In the first section, Understanding the Problem, readers explore the causes of their anger. Then, in the second section, Taking Action, they learn powerful, step-by-step strategies to control their behavior, to change anger-provoking thoughts, to avoid verbal and physical violence, in short, to make the author's eight-step process of anger management a powerful force for change in their lives. This edition includes two completely new chapters and significant revision to many of the original sections. Tips for problem solving and directing anger in positive ways,...



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