



Anger Management For Dummies

By Charles H. Elliott, Laura L. Smith, W. Doyle Gentry

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Your one-stop guide to anger management

Anger is a completely normal, healthy human emotion. But when it gets out of control and turns destructive, it can lead to problems—at work, in personal relationships, and in the overall quality of life. *Anger Management For Dummies* provides trusted and authoritative information on anger management methods, skills, and exercises that will help you or a loved one identify sources of anger and release them healthily.

Anger has become one of the most intimate issues in today's world – as life, in general, has become increasingly stressful. *Anger Management For Dummies* shows you how anger is often a bi-product of other more primitive emotions, such as fear, depression, anxiety, and stress, and arms you with the strategies that can help you conquer them. Inside, you'll discover how to overcome obstacles to change, rethink rage, confront anger head-on with healthier responses, and much more.

- Features new and updated coverage on road rage, air rage, office rage, and dealing with angry children
- Introduces you to new cognitive strategies for changing angry thinking
- Explains the difference between anger and aggression
- Shows you how to effectively and safely deescalate difficult people and situations

With the tools, tips, and strategies provided in this hands-on guide, you'll find everything you need to overcome anger and live a happier, more productive life.

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Editorial Review

From the Back Cover

Learn to:

- **Defuse your anger before it strikes**
- **Express your feelings calmly**
- **Identify anger triggers**
- **Release healthy anger effectively**

Successfully put anger in its proper place and live a vital, happy life!

Anger is a completely normal human emotion. But when it turns destructive, it can lead to problems — at work, in relationships, and in the overall quality of life. Inside, you'll find trusted and authoritative information on anger-management methods, skills, and exercises that will help you identify sources of anger and release them in a healthy manner.

- **Disengage from rage** — identify anger and where it comes from, understand how emotions work, and debunk myths about anger
- **Tame the beast** — spot your anger buttons, figure out how, when, and where you express anger, and take a look at problems that accompany anger
- **Keep your cool** — take stock of the cost of your anger, decide whether it's productive to stay mad, and embrace transforming old patterns into positive ones
- **Get a new outlook** — discover how to dig out and challenge distorted thoughts, reexamine them, and put them to a better, healthier use
- **Improve your health** — find an array of specific skills and necessary lifestyle changes for managing difficult situations without excessive anger

Open the book and find:

- **How to manage your anger by focusing on what works**
- **The importance of a good night's sleep**
- **Ways to change your perspective on life**
- **Why carefully controlled expressions of anger are better for you than venting**
- **How to transform conflicts into challenges**
- **Advice on finding forgiveness and leading an anger-free life**
- **How managing your anger is completely within your power**

About the Author

Charles H. Elliott, PhD, is a clinical psychologist and a Founding Fellow in the Academy of Cognitive Therapy. **Laura L. Smith, PhD**, is the president-elect of the New Mexico Psychological Association. Together, they coauthored *Borderline Personality Disorder For Dummies* and others.

Users Review

From reader reviews:

Donald Rose:

In this 21st centuries, people become competitive in every way. By being competitive today, people have do something to make these individuals survives, being in the middle of the actual crowded place and notice by simply surrounding. One thing that often many people have underestimated the idea for a while is reading. That's why, by reading a publication your ability to survive enhance then having chance to endure than other is high. For yourself who want to start reading a new book, we give you that Anger Management For Dummies book as starter and daily reading book. Why, because this book is more than just a book.

Katie Doll:

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Reading can called head hangout, why? Because if you are reading a book mainly book entitled Anger Management For Dummies your head will drift away trough every dimension, wandering in each and every aspect that maybe mysterious for but surely might be your mind friends. Imaging every word written in a reserve then become one application form conclusion and explanation which maybe you never get previous to. The Anger Management For Dummies giving you one more experience more than blown away your brain but also giving you useful facts for your better life in this particular era. So now let us present to you the relaxing pattern at this point is your body and mind will be pleased when you are finished reading it, like winning a. Do you want to try this extraordinary wasting spare time activity?

Peggy Dunn:

A lot of people said that they feel fed up when they reading a guide. They are directly felt it when they get a half portions of the book. You can choose often the book Anger Management For Dummies to make your reading is interesting. Your skill of reading expertise is developing when you including reading. Try to choose simple book to make you enjoy to learn it and mingle the opinion about book and reading through especially. It is to be first opinion for you to like to wide open a book and learn it. Beside that the publication Anger Management For Dummies can to be your new friend when you're really feel alone and confuse in what must you're doing of this time.

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