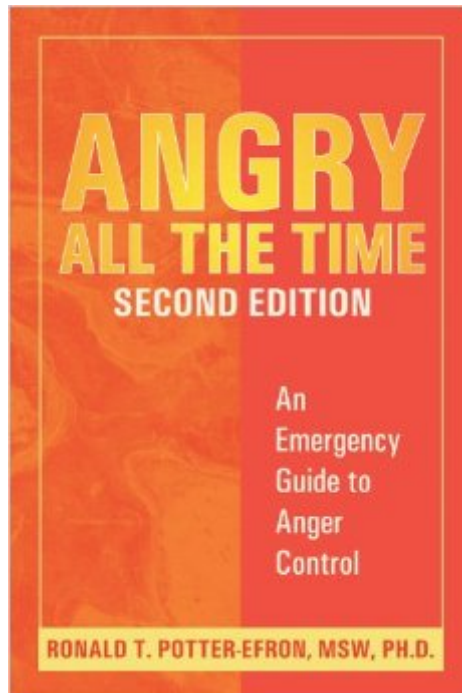


The book was found

Angry All The Time: An Emergency Guide To Anger Control



Synopsis

If you've picked up this book, chances are you're someone with a serious anger problem. Your explosive temper has probably cost you jobs, friends, loved ones—maybe even your liberty. If it hasn't yet, it soon will, unless you do something about it. This book contains a powerful and straightforward system for taking control of your anger and your life. This program is not easy, and it might even be painful at times—but it works. The book will teach you how your anger escalates and what you can do to change your angry thoughts and behaviors. Then it's your turn. When you make and keep that promise to yourself to stay calm no matter what, the happier, safer life you want will become a possibility. With this book, you'll be able to:

- Identify the causes of your anger
- Avoid violence, blaming, and threats
- Stay calm one day at a time
- Change anger-provoking thoughts
- Ask for what you want without anger

Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (68 customer reviews)

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[Management](#) #109 in [Books > Health, Fitness & Dieting > Mental Health > Mood Disorders](#)

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Customer Reviews

I saw this book next to another book by the same author and felt compelled to look at it more closely. The introduction that I read was clear and concise. The author gave me the impression he wasn't going to take any \$\$\$ from anyone who had the courage to admit they have a serious anger problem. I liked that. It was enough for me to buy it -- not because I'm an angry person, i.e., someone who is "angry all the time" (e.g., a rageaholic), but because it provided unusually clear guidelines for getting to the sources of anger and doing something about them. I know what's it like to experience anger (some don't). Sometimes it feels good, but other times it feels like &\$\$*. Sometimes it lingers, but other times, it stays with me longer than I would like. I was curious to see

where I stood with respect to someone who is "angry all the time". This remarkable (and strangely humorous) book is divided into two parts: understanding anger and taking action to deal with it -- not to eliminate it from your life -- but to control it and use it well. I must admit, I like that concept of using your anger well. Everyone within reason (and I do mean everyone) could learn to use their anger well AND be consciously aware of what that means (I would also strongly recommend Letting Go of Anger by Pat and Ron Potter-Efron). This book, Angry All The Time, could be read by a lot of people. You might feel that you are habitually sneaky with your anger or feel unduly paranoid about the world. You might feel that you frequently get angry for no apparent reason or get angry a lot because you feel ashamed. You might feel that you become deliberately angry to always get your way or enjoy the rush of pleasure that comes with raging at the top of your lungs.

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