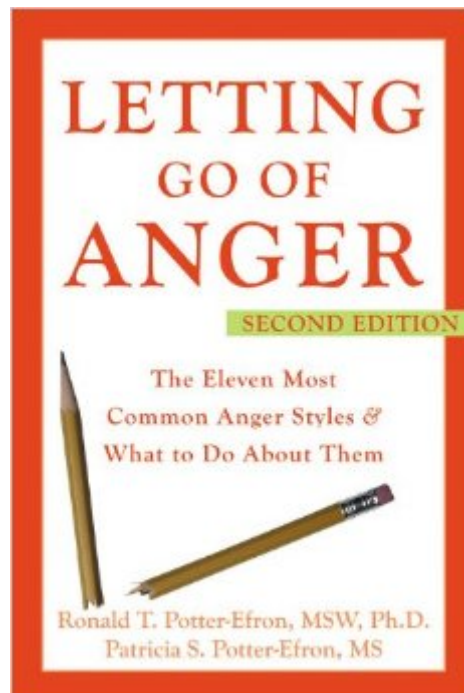


The book was found

Letting Go Of Anger: The Eleven Most Common Anger Styles And What To Do About Them



Synopsis

A Guide to Healthy Anger Expression How do you express your anger? Do you blow up? Quietly seethe? Or do you try to pretend that you're really not angry at all and just hope the feelings will go away? Most of us express anger in more than one way, but we also tend to be creatures of habit, falling back on a few predictable styles when we feel angry. Unfortunately, while some styles are appropriate in some situations, others are not—and consistently using an inappropriate style is a sure way to find yourself saddled with a huge anger problem. This book examines the eleven most common styles of anger expression and helps you learn how to communicate your anger in healthy ways. Learn which anger styles work for different situations—and which ones lead to certain disaster. Find out how to become more flexible and creative at expressing your anger. Once you understand the whole range of anger styles, you'll be able to better manage angry feelings and use your anger as a positive force for building a better life.

Book Information

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Management #176 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders

#5259 in Books > Health, Fitness & Dieting > Psychology & Counseling

Customer Reviews

I was pleased to find out about this book from a review in the St. Louis Post-Dispatch. It categorizes anger into anger styles and tells what to do about them. A quiz with 30 yes or no questions helps you figure out your style. Many of us have learned unhealthy ways to deal with our own anger or that of others. The book advises letting go of our anger, and to clearly express our wants and needs. Don't just vent your anger, channel it to make needed changes. Maybe it's road rage or seething over an injustice or whatever triggers your anger, you don't want to lose control and let the anger rule you.

On the advice of a friend, and during a particularly stressful period of my life, I read "Letting Go of Anger: The 11 Most Common Anger Styles..." I found it helpful to be able to identify what I was feeling and what to do to make me not feel that way any more. Since being angry (afraid?) is proven to have an effect on a persons overall health, I found this book to be very helpful in returning me to a homeostatic place. I have already loaned my copy of "Letting Go..." to another friend. This author has other helpful books on the same subject out there. I highly recommend them all.

I read this book in 2 days. It was amazing and I highly recommend it for anyone 15 and older. The content is succint, thorough, and insightful. It addresses many types of anger and provides you with cues to when you might blow your temper and how to control rage. Then it will cover issues like hate and resentment found in people who bury their frustrations over time and how they start to resent someone becuase they are not releasing that anger. This book is excellent and my comments are trivial compared to the insights. Pick it up and you will be surprised. It is the one anger book I would recommend out of the numerous choices available. Enjoy and learn!

I found the book very helpful. It's always nice to be able to read something and say that you see yourself in it. Makes you realize that you're not the only one and that there is hope. After reading this, I have decided that I'm going to follow some of the suggestions and see if I can learn to change my anger problems.

I applaud the author Ronald Potter-Efron for the courage to write about an important topic. He offers me hope and instruction on handling this emotion, which I call "the short-fuse emotion." Coming out of denial about having a problem with anger and rage is not easy. During the last thirty-four months while battling my nervous breakdown, I discovered four emotions that have soiled my soul since the age of responsibility, whenever that was. These four emotions are fear, anger, anxiety and shame. This book is "Letting Go of Anger" is both educational and practical. In addition to this book, I recommend the book "The Rage Within: Anger in Modern Life" by Willard Gaylin.

I just started reading this book and already I'm impressed with the tools for understanding my own Anger Style. I'm currently reading about typical reasons for my Anger Styles & then will move on to self-management techniques. I knew I carried around a lot of Anger from childhood traumas, but until you recognize how your body processes frustration it cannot control, you don't know how to

manage your anger or prevent it from getting out of control. I was tired of being at the mercy of my own emotions and this book has helped me to understand myself better. I always avoided dealing with the anger thinking fixing all the other things in my life would magically make it better. But that hasn't worked. So, starting from square one again, I downloaded the Kindle version of this book. Am very impressed! Highly recommend it from anyone who feels Angry most of the time or has overwhelming, hot flashes or rage. This helps you understand & work with your body, rather than resisting the critical messages that Angry Feelings are telling you.

bought this for a friend in need and read it before giving to her. it is very well written and gives very helpful tools - not just a self help that jibbers on - it actually seems like a very effective book of tools for understand your anger and learning to deal/cope and change your anger and issues. highly recommend this one.

Must read even if you think even if you don't have a problem with anger. We all deal with anger everyday. Each of us react differently to it. Find out which of the 10 anger issues covered in this book you might need to deal with. It is a quick read and has some humor to add to the retention of the information. A good read even for a professional that teaches anger management classes.

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