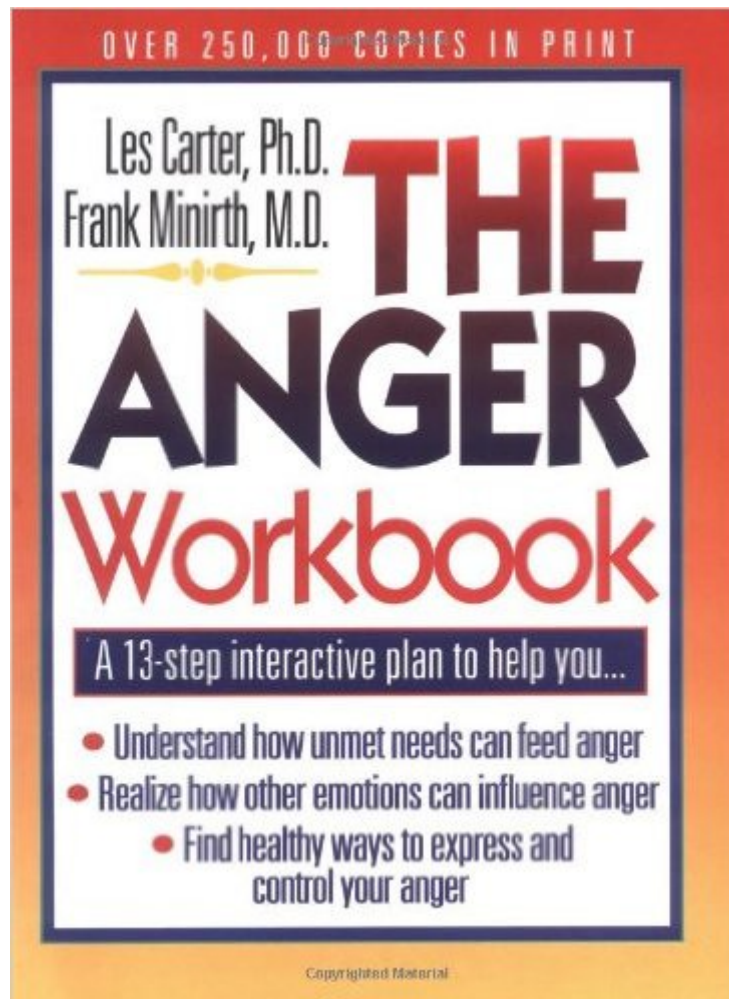


The book was found

The Anger Workbook: A 13-Step Interactive Plan To Help You... (Minirth-Meier Clinic Series)



Synopsis

Don't Let Anger Take Control! Most people stereotype anger by assuming that it always results in shouting, slamming fists, or throwing things. However, anger is not that one-dimensional. In fact, all of the statements below represent feelings of anger: When I am displeased with someone I shut down any communication and withdraw. I get very tense inside as I tackle a demanding task. I feel frustrated when I see someone else having fewer struggles and I. There are times when my discouragement just makes me want to call it quits. I can be quite aggressive in my business pursuits or even when just playing a game. We all deal with anger in our lives—whether it be in a subtle or violent manner. Being angry can involve such emotional expressions as frustration, irritability, annoyance, aggravation, blowing off steam, or fretting. The good news is anger can be managed. In *The Anger Workbook* Les Carter, Ph.D., and Frank Minirth, M.D., offer a unique 13-step interactive program that will help you: Identify the best ways to handle anger Understand how pride, fear, loneliness, and inferiority feed your anger Uncover and eliminate the myths that perpetuate anger—"Letting go of my anger means I am conceding defeat" or "No one understand my unique problems." Identify learned patterns or relating, thinking, and behaving in your life that influence your anger.

Book Information

Series: Minirth-Meier Clinic Series

Paperback: 256 pages

Publisher: Thomas Nelson; 1st edition (November 25, 1992)

Language: English

ISBN-10: 0840745745

ISBN-13: 978-0840745743

Product Dimensions: 9.3 x 7.2 x 0.5 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 3.8 out of 5 stars See all reviews (138 customer reviews)

Best Sellers Rank: #100,800 in Books (See Top 100 in Books) #56 in Books > Self-Help > Anger Management #278 in Books > Christian Books & Bibles > Christian Living > Dating & Relationships #621 in Books > Christian Books & Bibles > Christian Living > Self Help

Customer Reviews

Readers who are not Christian or do not identify their sin nature with their internal problems (i.e. depression and anger) will not like nor appreciate this book. I, as a Biblical Christian, appreciate the

Biblical and godly approach taken to meet the needs of those who struggle with anger and its many forms. I would recommend this book to Christians and to non-Christians who are open to accepting Christ and the Holy Spirit's work in their life, as they seek God's guidance in managing their anger. If a person reading this book is not a Bible-believing Christian or open to that belief, this book is probably not for him/her.

This book changed the way I view anger. Yes, I am a Bible-believing Christian and this book does use the Bible as a source of reference. I learned so much about my anger and the anger of others. It encouraged me and gave me tools to work with to choose to control my anger. I can't wait to read their next book! I also understand how to respond better to angry people. It is a real eye opener!

It is written in an easy-to-read doctor-patient conversation with Biblical scriptures laced through to help you develop a relationship with your God (higher power). Other than your scriptures, this is a must-read for us all, from those who hold frustrations, panic, depression, as well as those who are volatile. We can learn about all and how to bring them under control. Most importantly, it distinguishes between feeling angry and sinning; anger by itself is not a sin. What a relief! I cannot recommend it enough. I am buying lots for Christmas and we're doing a family read-time chapter a day. For those of us who get SICK and hold it all in, it is truly a spiritual and physical release!

I purchased this book quite a few years ago. That was the beginning of learning to control my anger. Note I use the word control, not eliminate my anger. I finally learned why I get angry and react the way I do. I learned anger is not a bad thing--it's just the way you express it that can cause you such hardship. I really appreciate the Christian perspective this book offers. It has blessed me to use the information in this book. It has been about 6 years since I read the book and I can honestly tell you the information, counseling, and techniques really have worked. I highly recommend this book for anyone struggling with anger. There is hope to learn about it, understand why you do it, thus having control of it rather than it having control of you.

I turned to the Minirth-Meier series due to familiarity with them. I intentionally chose a book by Christian counselors. While even for me the book was a bit trite at times, its ability to force me into self-examination was very helpful. Through examples, questions, and "Do you react in the following ways" type checklists, I was able to see myself more clearly, and see the damage I was doing to my family. It helped me identify my emotional "triggers" and find realistic ways to manage and foresee

situations that might set me off. Contrary to other reviews, I would not characterize the approach as simply "give it over to God". No, Carter and Minirth squarely placed the responsibility for change at my feet where it belongs, and helped me to see how to begin making the change.

This book is especially helpful to those who are trying to follow (or find) Christ and work through their anger. As for the reviewers who say there is no warning about it being Christian, says this: "From doctors nationally known in the field of Christian counseling" right in their editorial review. This book helped me through some very harsh anger problems and is a great tool to have. Highly Recommended!

I worked my way through this workbook 10 years ago and it completely changed my life and my marriage. I had some real anger and acting-out problems; and this book was a huge part of the solution. This God-centered treatment book has real and lasting solutions. Definitely worth the money!

The book does have many religious concepts and examples, which can be taken from this book as one of many approaches to dealing with your problems. But this book offers much more than religious answers. I wouldn't say that this book was a life altering experience that has remedied all my ills, but there is a wealth of knowledge for understanding your emotions and building a personal strategy for dealing with the world more productively. Even excluding the religious passages, the book still accomplishes this. I recommend this book to anyone that has ever been angry or angered someone else. Everybody should read this.

[Download to continue reading...](#)

The Anger Workbook: A 13-Step Interactive Plan to Help You... (Minirth-Meier Clinic Series) The Complete Life Encyclopedia: A Minirth Meier New Life Family Resource 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) The Anger Workbook: An Interactive Guide to Anger Management Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks) Property, A Contemporary Approach, 2d (Interactive Casebook) (Interactive Casebooks) (Interactive Casebook Series) Anger Experiences: Group Leader Workbook (Anger Management) (Volume 2)

The Heart of Anger: Practical Help for the Prevention and Cure of Anger in Children The Cleveland Clinic Guide to Menopause (Cleveland Clinic Guides) Mayo Clinic Gastrointestinal Imaging Review (Mayo Clinic Scientific Press) Mayo Clinic Gastroenterology and Hepatology Board Review (Mayo Clinic Scientific Press) Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan) Blended Families: Steps to Help You Succeed in Step-Parenting and Become A Strong Family (Blended Family, Step Parenting, Parenting-Help) 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 Letting Go of Anger: The Eleven Most Common Anger Styles And What to Do About Them ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger 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 A Step-By-Step Learning Guide for Older Retarded Children (Step-By-Step Learning Guide Series; 2)

[Dmca](#)