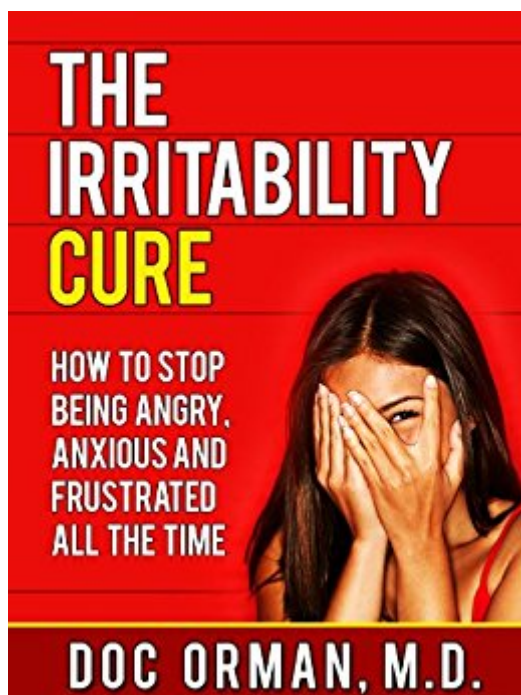


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# The Irritability Cure: How To Stop Being Angry, Anxious And Frustrated All The Time



## Synopsis

How To Get Rid of Irritability and Anger Without Pissing Anyone Off Stress and Anger Expert Doc Orman, M.D. Shares His Secrets To Curing Anger If you want to be happier, healthier and more peaceful, this book is for you! You will learn: How To Eliminate Anger Before It Eliminates You Dr. Mort Orman has been studying irritability and the impact of anger on your health, success and life for years. In his research, he found a proven strategy that works for getting rid of anger and irritability fast, without drugs or medications. One Simple Process For Turning Negative Thoughts Into Fuel For Growth When you eliminate negative thoughts and energy from your life, you'll feel a sense of calm an inner peace like you've never felt before. But this is the power of negative thinking - when you turn your negative thoughts around, you actually create more energy and power that moves you into the direction you want to go in your life faster than you've ever moved before. Why Going For Happiness Is The Quickest Path To What You Want So often in life we try to be right instead of being happy. We argue to protect our viewpoint when we could just as easily let the argument go and be happy. Learn how to reprogram your mind and subconscious habits and never have another unnecessary argument again! About The Author MORT (Doc) ORMAN, M.D. is an Internal Medicine physician, author, stress coach, and founder of the Stress Mastery Academy. He has been teaching people how to eliminate stress, without managing it, for more than 30 years. He has also conducted seminars and workshops on reducing stress for doctors, nurses, veterinarians, business executives, students, the clergy, and even the F.B.I. Dr. Orman's award-winning book, The 14 Day Stress Cure (1991), is still one of the most helpful and innovative books on the subject of stress ever written. Dr. Orman and his wife, Christina, a veterinarian, live in Maryland.

## Book Information

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## Customer Reviews

One of the most important issues this book brought to my attention was the fact my anger was a habit. I am 55 years old and dealing with frustration my whole life, never pin pointing what the real cause was, or how to stop the irritability problems. Sometimes I would go to bed in a good mood and before my feet hit the floor I was frustrated! And nothing even happened yet to cause it! And it was always the little things that would really get to me like, when hanging the clothes some hangers would fall off the clothes line, I would get mad and knock more off just for spite, to spite what, the hangers! Now I'm madder because I have to pick them all up. Dropping things, red lights, running out of coffee, my mother calling me, my wife calling me, my misspelling words while typing. This list can go on the whole length of the review. There isn't too much on the short list for not having a reason for me to get angry. But, this book helped change all that. I have had it for a little over a month now, I'm reading a portion of it everyday, when I finish I start it over again, I use the anger index cards as instructed, and most importantly for the first time in using an anger management program, I finally realize this anger habit has been with me my whole life and it's not going to go away over night (which I always expected these results with every program I used) but I can live with that now knowing I'm on the right track to breaking a habit. Doc Orman has taught me I can be released from the bondage of anger, and working this program every day, I am getting results. And one of the results is that if I do start getting angry I don't get all guilty over it like I use to. I am processing my thoughts faster, and getting angry less, and staying angry/frustrated/irritable, a lesser amount of time. The book does work. The only con I have, I wish it came in hard copy. A gem of this kind is one I would like to have as a workbook to highlight in, write notes in it etc..

I made the mistake of reading the book cover to cover. Don't, just start with chapter 5, understand it and then start at page 1 and read it cover to cover, a to z. Chapter 5 will make you aware of your irritations and then it will make you realize that most of the times, you shouldn't be mad at all. The

rest of the book will tell you how to learn to manage your irritations in the long run, even when you're tired and had a bad day. The book is short and to the point.

What I enjoyed most about this book is that it was not written in the normal way most books by Doctors are written. Doc Orman speaks to you like an old friend, or at least a Dr. from earlier times when they had bedside manner. He explains the true causes of irritability eloquently and simply that one can truly understand causes, triggers and the differences between them. Offering helpful solutions that make sense, I strongly believe that a person can get a handle on their irritability after reading this book. Highly recommended for anyone who wants to stop being so cranky all of the time and get their life back!

If irritability is a problem for you or someone you love, this book can make a difference in understanding where daily anger issues comes from and what to do about them. It's easy to understand and features a 5 step master plan for irritability. If you want to stop getting upset over every little thing, give this book a try.

If you identify in any way with the title of this excellent book, BUY it. I cannot imagine you could possibly fail to gain far more value than the tiny price. The author has excellent credentials, and he shares this easy step-by-step plan from personal as well as professional experience and insight. I like that he's realistic about anger being a foundational issue. Many of us, particularly American women of my generation and earlier, were taught that it wasn't "nice" or acceptable to feel or express anger (or many other emotions). I went recently to my wonderful, but new, eye care provider for a 2nd checkup. Somehow in our exam and chat it came up that my parents had been married to one another three times by the year I was 16. "What?" he exclaimed. "I've never heard of anything like that!" I can assure any reader of this review that it's much more humorous in hindsight than it was to live through the fact that my parents could have dramatically used these insights. All those years ago, who knew? Thank goodness supportive instruction is available today. Don't miss the doctor's excellent website. The URL is listed in the book.

A simple guide to reduce irritability. Useful for anyone interested in improving their lives. I would have given 5 stars, but the author assumes that the reader has a problem with becoming easily angered by small things that don't bother other people. In my opinion, that is not necessary to assume and takes away from the overall effectiveness of the guide.

Please, allow me tell you how much I appreciate and like this. This is the first time I've ever written a review but I was highly impressed with this sensational publication. I was overwhelmed to quickly learn about the cure for irritability and/or anger. I had been searching for this simple, captivating, explanation that is easy to understand, short, to the point, and remarkably insightful for quite a long time. Read this the same day it was purchased in a few hours time, and it is truly eye opening, valuable, and one-of-a-kind. The concepts expoused will undoubtedly inspire to improve a person's relationships, health and over-all well-being. Highly recommend this to anyone and everyone.

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