

How To Control Your Anger Before It Controls You

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dr jantz shows women how to accept the truth of their anger examine where it comes from be honest about how they use it be open to change be willing to forgive even themselves be willing to feel something else besides their anger with a compassionate tone and an honest look at reality dr jantz helps women face their anger issues move beyond them and live the life they were meant to live

the costs of ill expressed anger are high and have caused irreparable damage to far too many people wright and oliver explore the sources and patterns of anger help readers understand that anger is a god given emotion that can be controlled and give specific tools to change response patterns before it gets out of hand

anger is universal unchecked it can cause lasting damage in our lives wrecked relationships lost jobs even serious disease yet in these increasingly stressful times all of us have acted in anger and often wished we hadn t is there a way that really works to solve problems and assert ourselves without being angry the answer is a resounding yes if you follow the breakthrough steps of rational emotive behavior therapy rebt this proven approach developed by world renowned psychotherapist dr albert ellis has withstood the test of time helping countless people deal effectively with emotional problems using easy to master instructions and exercises this classic book will show you how to apply rebt techniques to understand the roots and nature of your anger and take control of and reduce angry reactions here you will discover the rational and irrational aspects of anger special insights into your self angering beliefs how to think feel and act your way out of anger how to relax how to accept yourself with your anger and much more that will help you challenge and eliminate the anger that can frustrate success and happiness at home at work anywhere

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