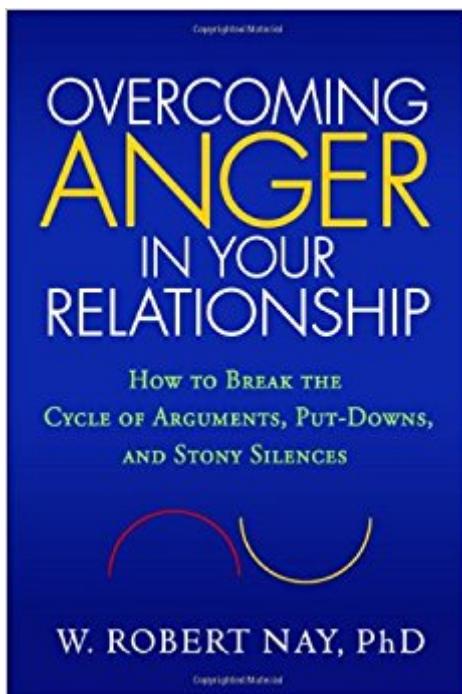


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# Overcoming Anger In Your Relationship: How To Break The Cycle Of Arguments, Put-Downs, And Stony Silences



## Synopsis

Has your relationship become a battlefield? Does your partner's sarcasm, irritability, or hostility make you wonder where the closeness and trust have gone; and how much more you can take? If anger is poisoning your relationship, this book offers a powerful antidote. Anger expert W. Robert Nay provides clear-cut, practical techniques for responding productively to inappropriate expressions of anger. Learn how anger gains a foothold in a couple's life, why your usual responses may unwittingly reward bad behavior, and how to stand up for yourself in ways that promote lasting change. Self-quizzes and step-by-step suggestions for dealing with different types of angry behavior are illustrated with true-to-life examples. Grounded in psychological science, the strategies in this book are simple yet surprisingly effective. Try them for yourself; and for the person you love. See also Dr. Nay's *Taking Charge of Anger*, Second Edition, which helps you understand and manage destructive anger in all its forms, and *The Anger Management Workbook: Use the STOP Method to Replace Destructive Responses with Constructive Behavior*, which builds core anger management skills using interactive exercises.

## Book Information

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## Customer Reviews

Although this book has "how to..." in the title, Dr Nay offers the reader far more than just simple steps about how to "handle anger." The reader has a chance to look within to explore some of the critical aspects of anger using what he calls an "A-E Model," so one can begin to identify where the roots to the problems are. Once the reader has a chance to understand what anger is and see what it looks like in their day-to-day interactions with people, he ultimately helps the reader see how it

interferes with maintaining what I call healthy relationships with key people in their life. What I found to be powerful from reading this work are the strategies and tools that Dr. Nay goes on to share in the second half of the book. Once the reader becomes aware of where the problems lie within interactions with close relationships, one learns how they themselves play a part and "allow" others to overstep acceptable boundaries, and that their approach to the other person can be a major part of the resolution process for the reader! A must read if you feel any relationship in your life is just not healthy!

If you or your loved one has anger issues. This is the book to get. It teaches you to recognize anger in its subtle ways. The book empowers the readers, and encourages him to set up clear boundaries, and to treat a serious problem in an educated and informed way that works. It also teaches the reader to recognize the physical symptoms of anger before an argument escalates. My only quip with the book is that for me it is physically and mentally straining. But I consider it to be the equivalent of a strong medicine like chemo therapy. It gets rid of the cancer of anger in the end.

Finally! A book on anger that makes sense and is "usable" with clients. Since finding this book and its companion about managing anger, I feel I can actually make a difference with folks who have learned to express anger in ways that are harmful to their lives. Dr. Nay is easy to understand and each chapter logically builds on the previous one.

This was an excellent self help book filled with practical workable solutions on ways to help one who is in a relationship with an angry person. Through practicing the exercises I gained insight and emotional strength and realized that I deserved better and that I didn't HAVE to be in the relationship so I ended it!

Author W. Robert Nay covers the issues of dealing with angry partners in a clear and succinct manner. We can't change them! It was both disturbing and refreshing to realize that I wasn't the only person to ever deal with this kind of relationship. Thank you for giving me insight and tools to better handle myself in this situation.

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