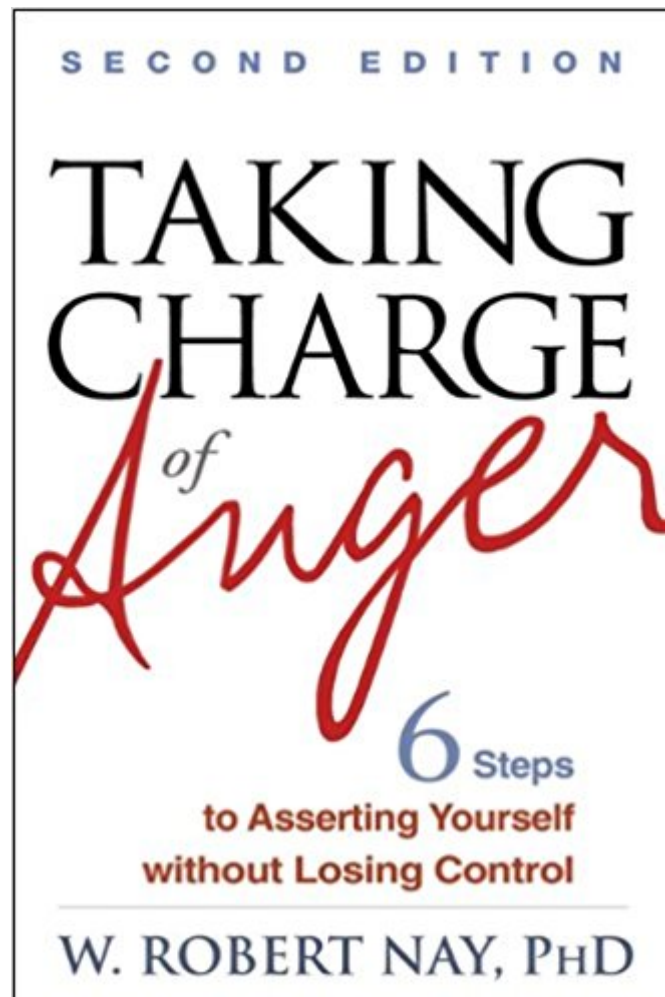


The book was found

Taking Charge Of Anger, Second Edition: Six Steps To Asserting Yourself Without Losing Control



Synopsis

This straight-talking book grounded in over 25 years of experience has already helped many tens of thousands of readers understand and manage destructive anger in all its forms. Anger expert Dr. Robert Nay guides you to:

- Figure out which of the five "faces of anger" are a problem for you, from passive aggression to all-out rage.
- Recognize the early warning signs of anger in your physical sensations and thoughts.
- Master cooling-off strategies that work in the heat of the moment.
- Identify and change unrealistic expectations you have for yourself and other people.
- Communicate effectively when differences arise.
- Practice your new skills in everyday life until they become second nature.

The second edition includes a new chapter on forgiveness, plus updated examples and resources. If anger is getting in the way of your goals or disrupting the relationships most precious to you, the time to make changes is now. See also Dr. Nay's *Anger Management Workbook: Use the STOP Method to Replace Destructive Responses with Constructive Behavior*, which helps you build core anger management skills using interactive exercises, and *Overcoming Anger in Your Relationship: How to Break the Cycle of Arguments, Put-Downs, and Stony Silences*.

Book Information

Paperback: 289 pages

Publisher: The Guilford Press; 2 edition (March 6, 2012)

Language: English

ISBN-10: 1462502423

ISBN-13: 978-1462502424

Product Dimensions: 6.1 x 0.8 x 9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (4 customer reviews)

Best Sellers Rank: #348,406 in Books (See Top 100 in Books) #163 in Books > Self-Help > Anger Management #375 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #4826 in Books > Parenting & Relationships > Parenting

Customer Reviews

A really good and practical book. It is very easy to read and use for both counseling and lay persons.

I have had issues with anger for a long time. This was recommended to me by a friend. Its an easy

to use guide on how to cope with anger, and is a quick read. Highly recommend!

So far a great book. More like a guide of how to deal with anger, gives you hope and it feels like going to therapy. I really recommend it. Looking forward to reading more from the same author.

Great book with good handouts

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

Taking Charge of Anger, Second Edition: Six Steps to Asserting Yourself without Losing Control
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
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 Taking
Charge of Your Fertility: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and
Reproductive Health An Empowering Guide to Lung Cancer: Six Steps to Take Charge of Your
Care and Your Life Take Charge of Your Workers' Compensation Claim: An A to Z Guide for Injured
Employees in California (Take Charge of Your Workers' Compensation Claim, 4th ed) Compassion
without Compromise: How the Gospel Frees Us to Love Our Gay Friends Without Losing the Truth
The Courage To Be A Stepmom: Finding Your Place Without Losing Yourself George Eliot Six Pack
- Middlemarch, Daniel Deronda, Silas Marner, The Lifted Veil, The Mill on the Floss and Adam Bede
(Illustrated with links to free ... all six books) (Six Pack Classics Book 8) Anger Experiences: Group
Leader Workbook (Anger Management) (Volume 2) The Anger Workbook: An Interactive Guide to
Anger Management The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT
Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks)
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) Letting Go
of Anger: The Eleven Most Common Anger Styles And What to Do About Them The Heart of Anger:
Practical Help for the Prevention and Cure of Anger in Children ACT on Life Not on Anger: The New
Acceptance and Commitment Therapy Guide to Problem Anger Heal Your Headache: The 1-2-3
Program For Taking Charge of Your Pain Taking Charge of Your Stroke Recovery: A Personal
Recovery Workbook Before The Change: Taking Charge of Your Premenopause

[Dmca](#)