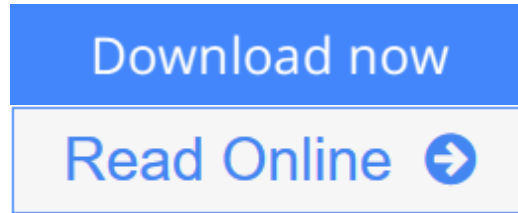


The Anger Management Sourcebook

By Glenn Schiraldi, Melissa Kerr



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Excessive anger can destroy your relationships, career, and even health. Scant professional literature has been available on the topic until now. *The Anger Management Sourcebook* shows you how to empower yourself and redirect your anger into constructive behavior. This resource is a must-have tool for you or a loved one as well as professionals dealing with clients who suffer from excessive anger.

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Editorial Review

From the Back Cover

"A 'must-use book' for those who are serious about managing their anger more effectively."

--Robert J. Hedaya, M.D., Founder, National Center for Whole Psychiatry and author of *The Anti-Depressant Survival Program*

Learn to Control Your Anger Even When Everything Goes Wrong

A car cuts you off in traffic, you recklessly chase it down . . . A coworker questions your decision, you instantly blow up . . . Your spouse goes golfing, you don't speak to him for weeks.

Excessive anger destroys relationships, careers, health, and inner peace. It saps the joy of living, leaves you feeling ashamed and foolish, and turns everyday challenges into explosive battlegrounds. Break the vicious cycle of anger with the expert advice in *The Anger Management Sourcebook*.

Follow this straightforward program and in just seven weeks discover the levelheaded parent, spouse, coworker, and friend you've always known was buried beneath your surly surface. Packed with practical tips, this guide helps you recognize anger triggers, choose effective alternatives, and constructively channel your energy. In these pages, you'll find a variety of approaches for managing this complex emotion, including:

- Anticipating and defusing volatile situations
- Handling criticism without flying off the handle
- Calming down with meditation and imagery techniques
- Getting enough sleep, nutrition, and exercise
- Keeping an anger journal
- Changing hostility to trust
- Healing your deepest hurts with compassion
- Replacing bitterness with empathy and forgiveness

While a little bit of anger might serve a purpose, a lot of it can ruin your life. Take control and manage your anger so that you and those around you can enjoy a calmer, more peaceful, more pleasant existence.

About the Author

Glenn R. Schiraldi, Ph.D., has taught anger management courses at the Pentagon and at the University of Maryland. He has written several books on mental and psychical health.

Melissa Hallmark Kerr, M.A., is a health educator with a research focus on stress and mental health. She has taught a wide range of health courses.

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