

WHEN ANGER HURTS



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Think about how anger was handled in your family when you were growing up. Maybe you think getting angry all the time and losing control is "normal". It is not. Anger-techniques are important in identifying and controlling anger. Try these anger-techniques: 1. Begin to notice and identify body signals of rising anger.

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When Anger Hurts Quieting the Storm Within Matthew

Peter D. Rogers, Ph.D., is the administrative director of the Haight Ashbury Psychological Services. He is the coauthor of several popular self-help books including The Divorce Book, When Anger Hurts, and The Anger Control Workbook.

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When Anger Hurts Quieting the Storm Within A Book Summary

The book, When Anger Hurts: Quieting the Storm Within by Matthew McKay, Ph.D, Peter D. Rogers, Ph.D, and Judith McKay brings into focus a topic oftentimes experienced but overlooked anger.

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