

HEALING THE ANGRY BRAIN



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Healing the Angry Brain: How Understanding the Way Your Brain Works Can Help You Control Anger and Aggression Ronald Potter-Efron. New Harbinger, \$16.95 trade paper (200p) ISBN 978-1-60882-133-4

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Ronald Potter-Efron, an anger-management expert and author of the new book, Healing the Angry Brain, shows us the reasons why that might be the case, and why people prone to anger should try to manage it rather than letting it all out.

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Healing the Angry Brain. Healing the Angry Brain by Ronald Potter-Efron is a remarkable examination of emotional response in the brain. At just under six hours in length, the contents offer incredible insight into how the human brain responds to stimulus and how an individual might retrain the brain to take control of the anger response.

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In Healing the Angry Brain, Ronald Potter-Efron provides an answer. Through a combination of clinical expertise and clear scientific information, he guides the reader to a better understanding of anger while providing a roadmap to relational and inner peace."

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