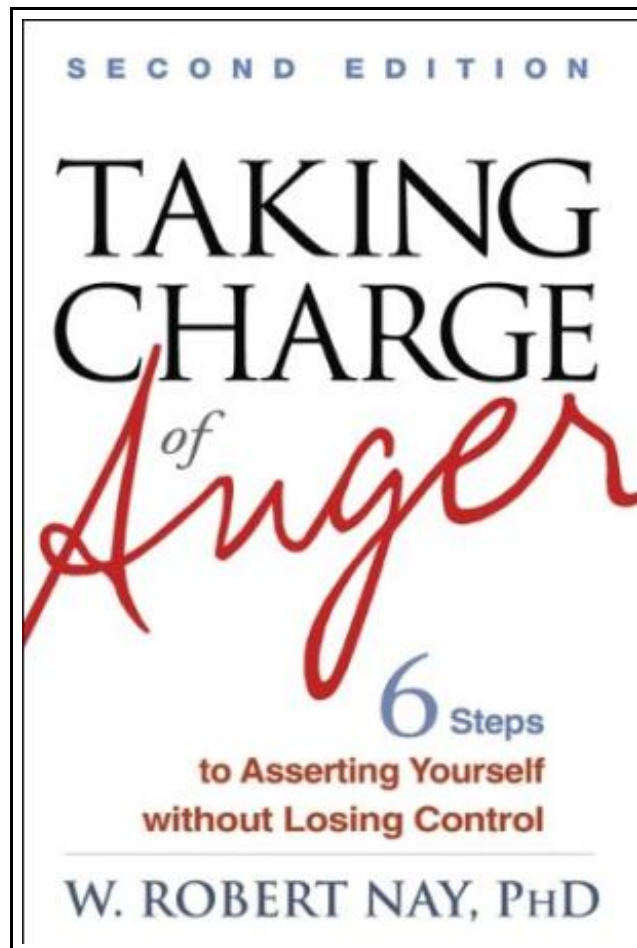


Taking Charge of Anger: Six Steps to Asserting Yourself Without Losing Control



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Guilford Publications, United States, 2012. Paperback. Book Condition: New. 2nd Revised edition. 226 x 150 mm. Language: English . Brand New Book. 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.



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