

## *Beyond Anger A Guide*

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Beyond Anger and Violence: A Program for Women Facilitator's Guide. Participant's Journal and DVD [Covington, S. (2014). Hoboken, NJ: Wiley] Beyond Anger & Violence is a manualized curriculum for women who are struggling with the issue of anger and who are in community settings (outpatient and residential substance abuse treatment programs, domestic violence shelters, mental health clinics ...

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Now Beyond Anger shows the angry-and miserable-man how to change his life and relationships for the better. Dr. Thomas J. Harbin helps men understand their anger by explaining what the specific symptoms of chronic anger are and by showing angry men how their actions negatively affect family, friends and co-workers.

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The program stresses how to take action, deal with feelings, and make positive progress. The complete curriculum includes a facilitator's guide, a video, and reproducible handouts. Beyond Anger helps corrections clients: Identify sources of resentment and anger and develop strategies to move beyond them to forgiveness.

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Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life by Thomas J. Harbin. Click here for the lowest price! Paperback, 9781569246214, 1569246211

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Beyond Anger and Violence: A Program for Women: This program is a 40-hour, evidence-based program designed for women who have difficulty managing anger. acknowledges anger as a normal, appropriate, and human emotion, but also recognizes the destruction it can lead to if allowed to get out of control.

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