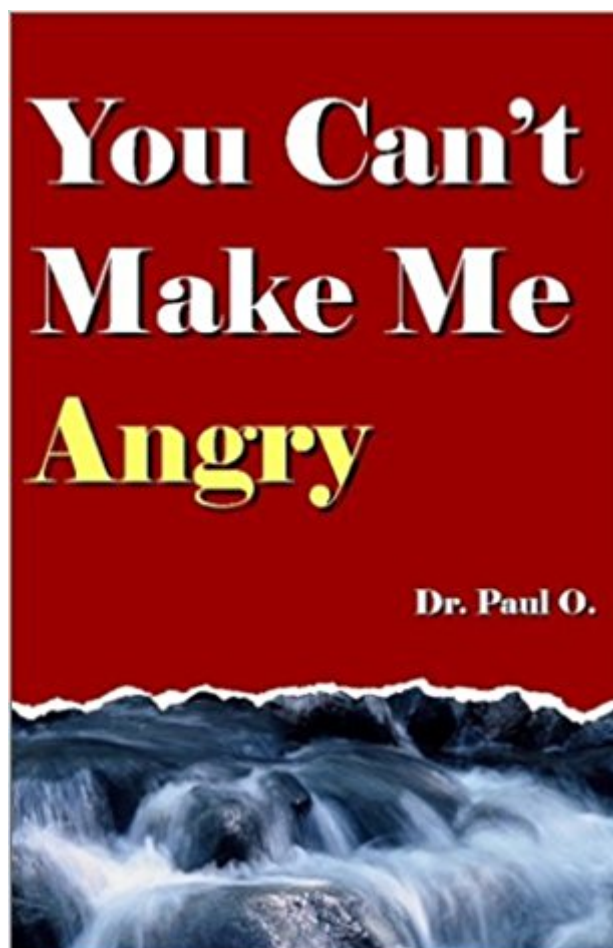


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# You Can't Make Me Angry



## Synopsis

And acceptance is the answer to all my problems... A.A. members know of Dr. Paul's wisdom through the often-quoted passage from his story in A.A.'s Big Book, Alcoholics Anonymous. Dr. Paul continues sharing his astute insight and gentle humor with discussions of the physical, mental, emotional, interpersonal and spiritual aspects of sobriety.

## Book Information

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## Customer Reviews

Dr. Paul is known throughout the recovery world for his story in the Big Book of AA. This wonderful book extends his philosophy of acceptance to new levels and is a true "must read" for anyone in a 12 Step program. It is the definitive work on emotional recovery and in relationships with others. Dr. Paul's humor shines through solid experience, strength and hope, and suggestions for coping with life and life's terms. If you liked "There's More to Quitting Drinking Than Quitting Drinking", you'll love "You Can't Make Me Angry." Dr. Paul was my sponsor for ten years and so much of the way he lived is in this book, completed just months before his untimely death in 2000. Pick it up and you won't be able to put it down!

This book condenses a lot of AA and Al-Anon thought into a few fast-reading pages. It contains many handy tools and techniques for managing difficult emotions and letting go of the need to control others. I don't believe it's just for people in AA and Al-Anon. The wisdom in its pages is universal, although the constant references to AA and Al-Anon might put off an average reader. I want to share this book with many people, to give them a taste of what serenity -- emotional

independence -- feels like. I highly recommend the book as a companion text to other program literature. It does not replace the Big Book or Paths to Recovery, but it condenses and clarifies a lot of age-old wisdom in a few easy-to-read pages.

... centered on Paul O's book. If I could only keep one of all the books I've read on sobriety, growth, and maturity, this would be it. Writing at the age of 82, Dr. Paul shares a lifetime's worth of hard-won lessons in simple strong prose. His candor about wrestling with his own faults helps me see him as a flawed but determined fellow traveler, instead of some perfect guru. Dr. Paul describes the relationship of anger, emotional independence, emotional sobriety and daily serenity. He provides various techniques to become aware of the nature of our anger and then to develop our emotional independence. Reading this book is like sitting down with an old friend whom you know and respect and whose advice you listen to. I had half a dozen men tell me after the meeting they wanted to get their own copy. I recommend it to you, too. John P

Dr. Paul O's original story is one of those in the Big Book of AA. Although this book is not AA or Alanon literature, this man quotes them quite often and he gives them the credit for his and his wife's recovery. It's clear, concise and easy to understand and apply. This is for those who have the physical addiction to alcohol under control and moved to the spot where Alanon folks start out. It's fighting the emotional alcoholism, a term I had never heard before, but when I mentioned it in Alanon, the long-timers understood it well. Why should I "allow" anyone else's actions to control me? I have a choice. A quote from the book: "What if you made up your mind that from now on for the rest of your life, you alone would decide how you are going to feel?" Can I control my feelings? I'm finding I can. My son screams at me and I start to feel hurt and self-pity and I say, "Stop. Don't allow this to destroy your day." I am not going to be the victim. It's working! It has been so invigorating and exciting and I only finished Chapter 2 a few weeks ago. I look at the chapter titles ahead and some of them are: The Basics, Techniques, More Techniques, Still More, Now Simplify, and The End. I recommend this book for anyone that wants to see great improvement in their life outlook.

I found the information in this book to be extremely helpful in dealing with my emotions (not just anger). The exercises in this book really worked for me.

Could not read this book fast enough. Dr. Paul O. has such a way with words. I would highly

recommend to anyone who can't seem to stop allowing other people to rent space in their brain.

Dr. Paul (Doctor, Alcoholic, Addict) expands on his theme of "Acceptance is the answer to all my problems today." Beautiful! Dr. Paul was quite funny - so if that type of approach to emotional healing appeals to you, this is a must have for your recovery library!

This book gives great insight on communication for the recovering person or any member in their family. It show you how to change your thinking, which inturn changes everyone attitude around you. This is a great book to start a life of serenity and peace with all. Thank You, Paul O. for writing this eye opening book.

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