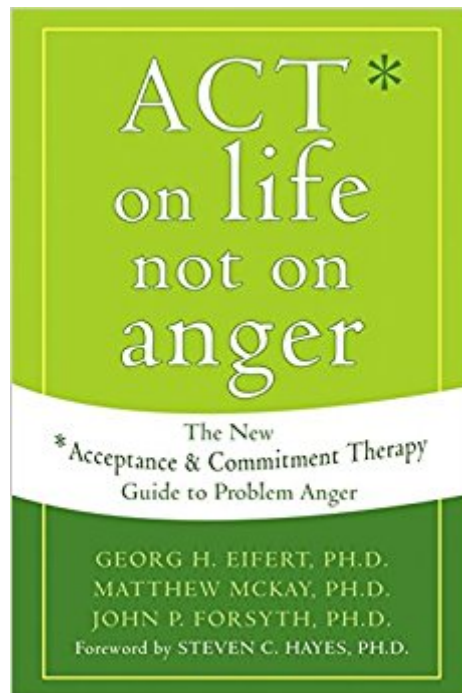


The book was found

ACT On Life Not On Anger: The New Acceptance And Commitment Therapy Guide To Problem Anger



Synopsis

Drop the Rope in Your Tug-of-War with Anger If you've tried to control problem anger before with little success, this book offers you a fundamentally new approach and new hope. Instead of struggling even harder to manage or eliminate your anger, you can stop anger feelings from determining who you are and how you live your life. Based on a revolutionary psychological approach called acceptance and commitment therapy (ACT), the techniques in ACT on Life Not on Anger can help you let go of anger and start living your life to the fullest. Your path begins as you learn to accept your angry feelings as they occur, without judging or trying to manage them. Then, using techniques based in mindfulness practice, you'll discover how to observe your feelings of anger without acting on them. Value-identification exercises help you figure out what truly matters to you so that you can commit to short- and long-term goals that turn your values into reality. In the process, anger will lose power over your life-and, amazingly, you'll gain control over your life by simply letting go of your angry feelings.

Book Information

Paperback: 200 pages

Publisher: New Harbinger Publications (March 3, 2006)

Language: English

ISBN-10: 1572244402

ISBN-13: 978-1572244405

Product Dimensions: 5.9 x 0.4 x 8.7 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (30 customer reviews)

Best Sellers Rank: #131,780 in Books (See Top 100 in Books) #73 in Â Books > Self-Help > Anger Management #5268 in Â Books > Religion & Spirituality > New Age & Spirituality #6130 in Â Books > Health, Fitness & Dieting > Psychology & Counseling

Customer Reviews

This will be perhaps my hardest review to write but I consider it one of the most important because I believe that there are many people out there like myself who are dealing with some severe anger issues and want help but have only been met with either judgement, prejudice or the prospect of years of therapy with no clear ending. I want to give a little background about myself. I came from an abusive home. My mother was physically, verbally and emotionally abusive. Her anger was destructive in every way possible my father, myself and my siblings bore the brunt of it. My father

dealt with it by taking in the anger and I saw it break him down. I was 19 when my parents finally began divorce proceedings. I essentially lived my whole childhood having the 2 most powerful role models not give me any healthy strategies for how to deal with anger. So I did my best on my own to try and create what I thought were productive ways of handling it. I went for long walks or runs, I vented to my friends, I wrote for hours, I'd ignore it thinking it would just pass, when it would get really bad I'd punch a wall sometimes throw things. I knew I never wanted to hit another human being the way my mom did so I essentially beat myself up. All these actions hurt me emotionally or physically but I figured I was used to it so I could handle it. Deep down I was scared that I would be doomed to repeat either the cycle of my mother or father by being either someone who would bear the brunt of someone's abuse or be an abuser myself. I swore off having children for a long time not because I didn't want them because I believed I didn't deserve them. I was also convinced that at some point my husband wouldn't be able to take my fits of rage and move onto someone he deserved better.

[Download to continue reading...](#)

ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger
The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy
Learning ACT: An Acceptance and Commitment Therapy Skills-Training Manual for Therapists
Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy (A New Harbinger Self-Help Workbook)
The Wisdom to Know the Difference: An Acceptance and Commitment Therapy Workbook for Overcoming Substance Abuse (New Harbinger Self-Help Workbook)
The Thriving Adolescent: Using Acceptance and Commitment Therapy and Positive Psychology to Help Teens Manage Emotions, Achieve Goals, and Build Connection
Acceptance and Commitment Therapy, Second Edition: The Process and Practice of Mindful Change
Acceptance and Commitment Therapy for Couples: Using Mindfulness, Values, and Schema Awareness to Rebuild Relationships
Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain
ACT LIKE A LADY, THINK LIKE A MAN: By Steve Harvey: Act Like a Lady, Think Like a Man: What Men Really Think About Love, Relationships, Intimacy, and Commitment [Hardcover] 1st Edition
Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books)
Mindfulness and Acceptance for Treating Eating Disorders and Weight Concerns: Evidence-Based Interventions (The Context Press Mindfulness and Acceptance Practica Series)
The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks)
Mad at Everything: How

to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) Act Like a Lady, Think Like a Man, Expanded Edition: What Men Really Think About Love, Relationships, Intimacy, and Commitment Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Anger Management for Everyone: Seven Proven Ways to Control Anger and Live a Happier Life He's Not That Interested, He's Just Passing Time: 40 Unmistakable Behaviors Of Men Who Avoid Commitment And Play Games With Women

[Dmca](#)