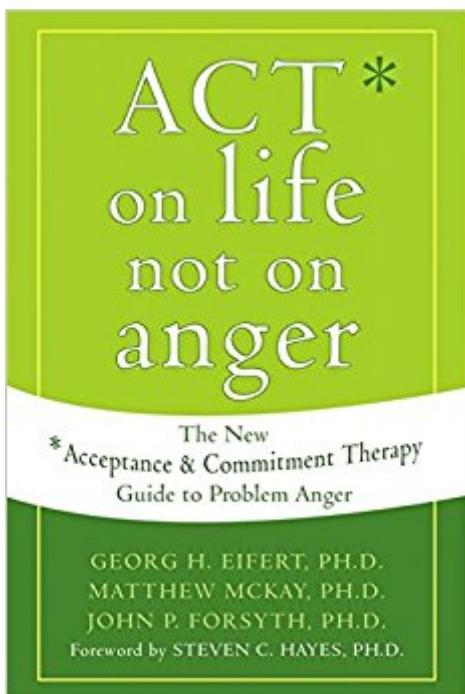


The book was found

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 AngerIf 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

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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.

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