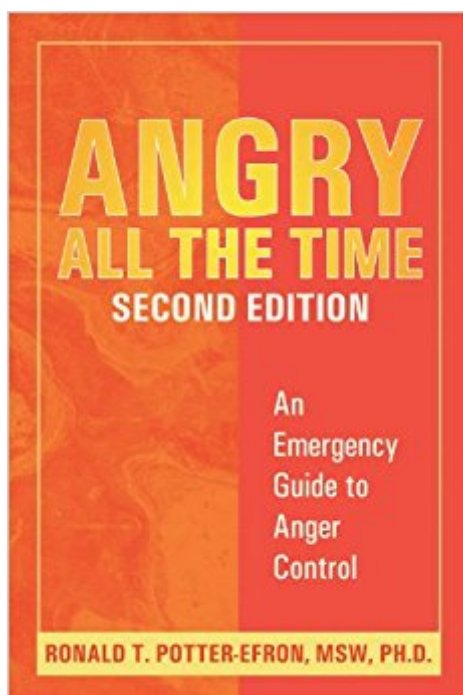


The book was found

Angry All The Time: An Emergency Guide To Anger Control



Synopsis

If you've picked up this book, chances are you're someone with a serious anger problem. Your explosive temper has probably cost you jobs, friends, loved ones—maybe even your liberty. If it hasn't yet, it soon will, unless you do something about it. This book contains a powerful and straightforward system for taking control of your anger and your life. This program is not easy, and it might even be painful at times—but it works. The book will teach you how your anger escalates and what you can do to change your angry thoughts and behaviors. Then it's your turn. When you make and keep that promise to yourself to stay calm no matter what, the happier, safer life you want will become a possibility. With this book, you'll be able to:

- Identify the causes of your anger
- Avoid violence, blaming, and threats
- Stay calm one day at a time
- Change anger-provoking thoughts
- Ask for what you want without anger

Book Information

Paperback: 160 pages

Publisher: New Harbinger Publications; 2nd edition (January 2, 2005)

Language: English

ISBN-10: 1572243929

ISBN-13: 978-1572243927

Product Dimensions: 6.2 x 0.3 x 9.1 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars— See all reviews (68 customer reviews)

Best Sellers Rank: #53,338 in Books (See Top 100 in Books) #33 in Books > Self-Help > Anger Management #109 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #2754 in Books > Health, Fitness & Dieting > Psychology & Counseling

Customer Reviews

I saw this book next to another book by the same author and felt compelled to look at it more closely. The introduction that I read was clear and concise. The author gave me the impression he wasn't going to take any \$\$\$ from anyone who had the courage to admit they have a serious anger problem. I liked that. It was enough for me to buy it -- not because I'm an angry person, i.e., someone who is "angry all the time" (e.g., a rageaholic), but because it provided unusually clear guidelines for getting to the sources of anger and doing something about them. I know what's it like to experience anger (some don't). Sometimes it feels good, but other times it feels like &\$#*. Sometimes it lingers, but other times, it stays with me longer than I would like. I was curious to see

where I stood with respect to someone who is "angry all the time". This remarkable (and strangely humorous) book is divided into two parts: understanding anger and taking action to deal with it -- not to eliminate it from your life -- but to control it and use it well. I must admit, I like that concept of using your anger well. Everyone within reason (and I do mean everyone) could learn to use their anger well AND be consciously aware of what that means (I would also strongly recommend Letting Go of Anger by Pat and Ron Potter-Efron). This book, Angry All The Time, could be read by a lot of people. You might feel that you are habitually sneaky with your anger or feel unduly paranoid about the world. You might feel that you frequently get angry for no apparent reason or get angry a lot because you feel ashamed. You might feel that you become deliberately angry to always get your way or enjoy the rush of pleasure that comes with raging at the top of your lungs.

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

Angry All the Time: An Emergency Guide to Anger Control 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 Anger Management for Everyone: Seven Proven Ways to Control Anger and Live a Happier Life What Angry Kids Need: Parenting Your Angry Child Without Going Mad Good and Angry: Redeeming Anger, Irritation, Complaining, and Bitterness Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life The Anger Workbook: An Interactive Guide to Anger Management ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger Anger Experiences: Group Leader Workbook (Anger Management) (Volume 2) The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks) 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) Letting Go of Anger: The Eleven Most Common Anger Styles And What to Do About Them The Heart of Anger: Practical Help for the Prevention and Cure of Anger in Children The Irritability Cure: How To Stop Being Angry, Anxious and Frustrated All The Time Preppers Pantry: The Ultimate Survival Guide For Emergency Water & Food Storage During An Urban Emergency (Urban Survival Pantry, Canning And Preserving, Camping, Life Saving Meals, Survival Guide) Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) Survival Medicine Handbook: Essential Things Every Medicine Kit Needs And First-aid In Case Of Emergency: (Survival Books, Survival Guide, Survivalist, ... (Survival Skills Book, Emergency Medicine) Handbook of Emergency Cardiovascular Care: for Healthcare

Providers (AHA Handbook of Emergency Cardiovascular Care) Emergency Law: Rights, Liabilities and Duties of Emergency Workers and Volunteers Tintinalli's Emergency Medicine Manual 7th Edition (Emergency Medicine (Tintinalli))

[Dmca](#)