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Anger Management: 6 Critical Steps to a Calmer Life

By Peter Favaro

New Page Books. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.9in. x 6.0in. x 0.6in. From the introduction by the author: I am convinced that anger is an epidemic problem both in the larger world and in our homes and work places. I've written Anger Management not as a technical work describing the social science of anger, but as a practical work intended to help people understand their own anger and the anger of others. By reading this book, you will learn that managing your anger is a series of skills that (you) can learn over time. With this program, (you will) learn to raise the temperature we often refer to as the boiling point—that moment at which reason is consumed by rage. Anger may well be the number one problem in modern society. If left unresolved, it distorts people's perception of reality, negates happiness and serenity, can cause depression and addictive behaviors, reduces resistance to illnesses, and cause a wide variety of self-destructive behavior. In the extreme, it explodes in physical or emotional violence, which ultimately breeds more anger and more violence. Anger Management is a practical and down-to-earth program that will teach you not only to understand your own...



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Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

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The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**