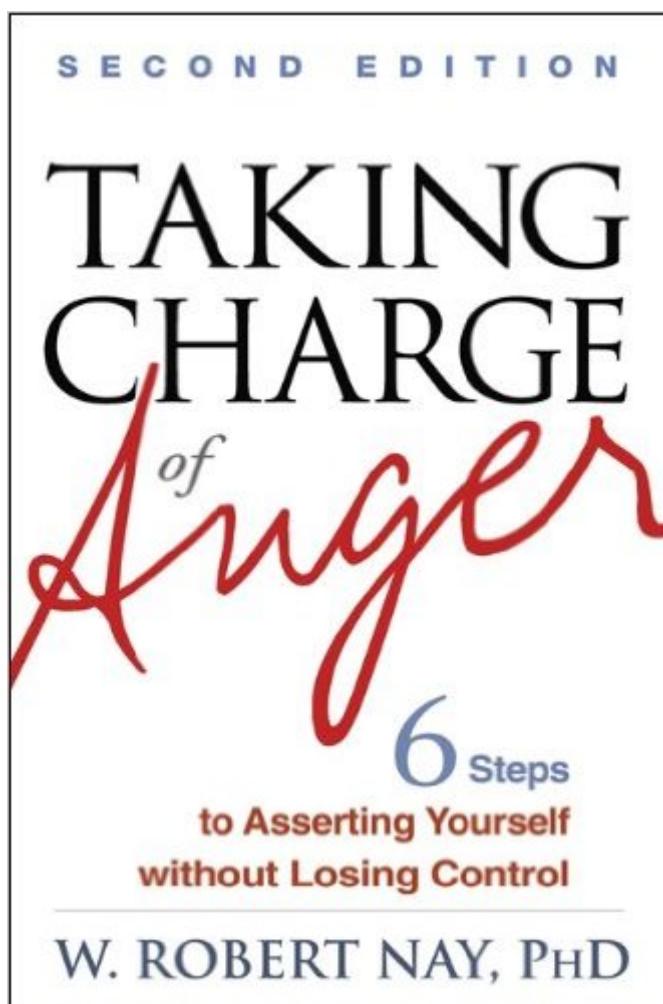


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# Taking Charge Of Anger, Second Edition: Six Steps To Asserting Yourself Without Losing Control



## Synopsis

This straight-talking book;grounded in over 25 years of experience;has already helped many tens of thousands of readers understand and manage destructive anger in all its forms. Anger expert Dr. Robert Nay guides you to:

- \*Figure out which of the five "faces of anger" are a problem for you, from passive-aggression to all-out rage.
- \*Recognize the early warning signs of anger in your physical sensations and thoughts.
- \*Master cooling-off strategies that work in the heat of the moment.
- \*Identify and change unrealistic expectations you have for yourself and other people.
- \*Communicate effectively when differences arise.
- \*Practice your new skills in everyday life;until they become second nature.

The second edition includes a new chapter on forgiveness, plus updated examples and resources. If anger is getting in the way of your goals;or disrupting the relationships most precious to you;the time to make changes is now. See also Dr. Nay's Anger Management Workbook: Use the STOP Method to Replace Destructive Responses with Constructive Behavior, which helps you build core anger management skills using interactive exercises, and Overcoming Anger in Your Relationship: How to Break the Cycle of Arguments, Put-Downs, and Stony Silences.

## Book Information

Paperback: 289 pages

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Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #348,406 in Books (See Top 100 in Books) #163 inÂ Books > Self-Help > Anger Management #375 inÂ Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #4826 inÂ Books > Parenting & Relationships > Parenting

## Customer Reviews

A really good and practical book. It is very easy to read and use for both counseling and lay persons.

I have had issues with anger for a long time. This was recommended to me by a friend. Its an easy

to use guide on how to cope with anger, and is a quick read. Highly recommend!

So far a great book. More like a guide of how to deal with anger, gives you hope and it feels like going to therapy. I really recommend it. Looking forward to reading more from the same author.

Great book with good handouts

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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  
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An Empowering Guide to Lung Cancer: Six Steps to Take Charge of Your Care and Your Life  
Take Charge of Your Workers' Compensation Claim: An A to Z Guide for Injured Employees in California (Take Charge of Your Workers' Compensation Claim, 4th ed)  
Compassion without Compromise: How the Gospel Frees Us to Love Our Gay Friends Without Losing the Truth  
The Courage To Be A Stepmom: Finding Your Place Without Losing Yourself  
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Anger Experiences: Group Leader Workbook (Anger Management) (Volume 2)  
The Anger Workbook: An Interactive Guide to Anger Management  
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