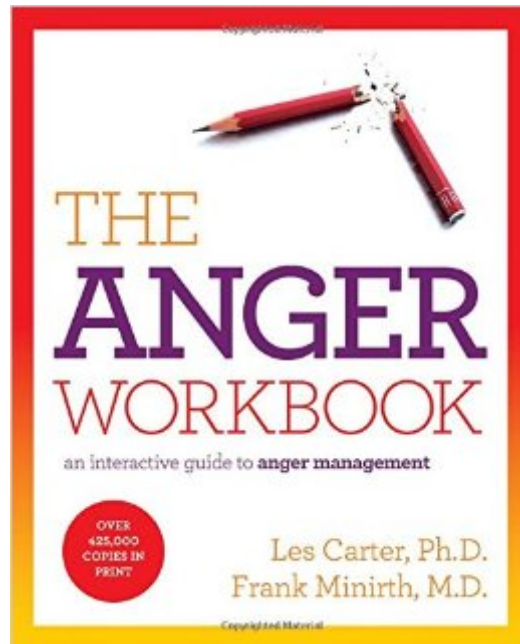


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# The Anger Workbook: An Interactive Guide To Anger Management



## Synopsis

Don't Let Anger Take Control! Â Most people stereotype anger by assuming that it always results in shouting, slamming fists, or throwing things. Â However, anger is not that one-dimensional. Â In fact, all of the statements below represent feelings of anger: When I am displeased with someone I shut down any communication and withdraw. I get very tense inside as I tackle a demanding task. I feel frustrated when i see someone else having fewer struggles than I. There are times when my discouragement just makes me want to call it quits. I can be quite aggressive in my business pursuits or even when just playing a game. We all deal with anger in our lives, whether it be in a subtle or violent manner. Being angry can involve such emotional expressions as frustration, irritability, annoyance, aggravation, blowing off steam, or fretting. Â The good news is anger can be managed. In The Anger Workbook Les Carter, Ph.D., and Frank Minirth, M.D., offer a unique 13-step interactive program that will help you: Identify the best ways to handle anger Understand how pride, fear, loneliness, and inferiority feed your anger Uncover and eliminate the myths that perpetuate anger-"Letting go of my anger means I am conceding defeat" or "No one understand my unique problems." Identify learned patterns or relating,Â thinking, and behaving in your life that influence your anger.

## Book Information

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## Customer Reviews

In The Anger Workbook, Drs. Les Carter and Frank Minirth have written a helpful guide for people who struggle to manage their anger. It is, as the title indicates, a workbook, which means it invites an active participation from the reader. On nearly every page, the authors ask questions and

provide space for readers to write their responses. It comes in four parts: The first is about identifying anger. In it, Carter and Minirth define anger as an intent to preserve personal worth, essential needs, or basic convictions (10). They argue that anger has many manifestations. In other words, people who yell and throw things are not the only ones who might have a problem with anger. They argue that there are five ways to handle anger: Suppression, Open Aggression, Passive Aggression, Assertiveness, or Dropping It (26). They encourage readers to avoid the first three, and choose which of the last two is most appropriate in the circumstances. In the second part, they argue that anger thrives on unmet needs. People tend to respond in anger, for example, when they feel unloved or controlled. In the third part, they explore how other emotions cause anger. The emotions they look at are pride, fear, loneliness, and feelings of inferiority. The fourth part includes three chapters: one for parents on dealing with anger in their children, one arguing that anger tends to linger when we rationalize it, and one encouraging readers to be accountable to others in their process of anger management. This is a helpful book for those who experience anger in any of its various manifestations, which is really all of us. Some people's anger causes more problems than others, but I would go so far as to say that none of us is completely healthy in all the ways we express anger. We could all stand to grow in this area.

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