



What s Good about Anger? 52-Week Expanded Anger Management Book Workbook: Transforming Anger Into Healthy Skills for Positive Change (Paperback)

By Lynette J Hoy Lcpc

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Workbook. Language: English . Brand New Book ***** Print on Demand *****.Most people believe that anger is a negative emotion from which no good can come. Many people think that anger should not be expressed and that such feelings are wrong. This 52-week book and workbook explores the emotion of anger and how anger - which is a part of the human experience - can be transformed into healthy skills for positive change. Includes practical tools, real life situations and the best anger management strategies for personal and relational change. Learn about: How to Rate Your Anger and Progress, Triggers for Anger, Anger s Many Faces, The Power of Anger, When Anger is Good, Defusing Anger by Managing Stress, Handling Anger Effectively, Anger and Assertiveness, Managing Conflict, Turning Anger into Forgiveness, When to Take a Time-Out, Changing Your Brain with Positive Self-Talk, Emotional Intelligence and Empathy Skills, Relaxation Skills to Break Anger Escalation, Effective Anger Management Strategies, De-escalating a Confrontation, Preventing and Interrupting Aggression, How Motivation Expectations Impact Anger, Whether Guilt from Anger is True or False.



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