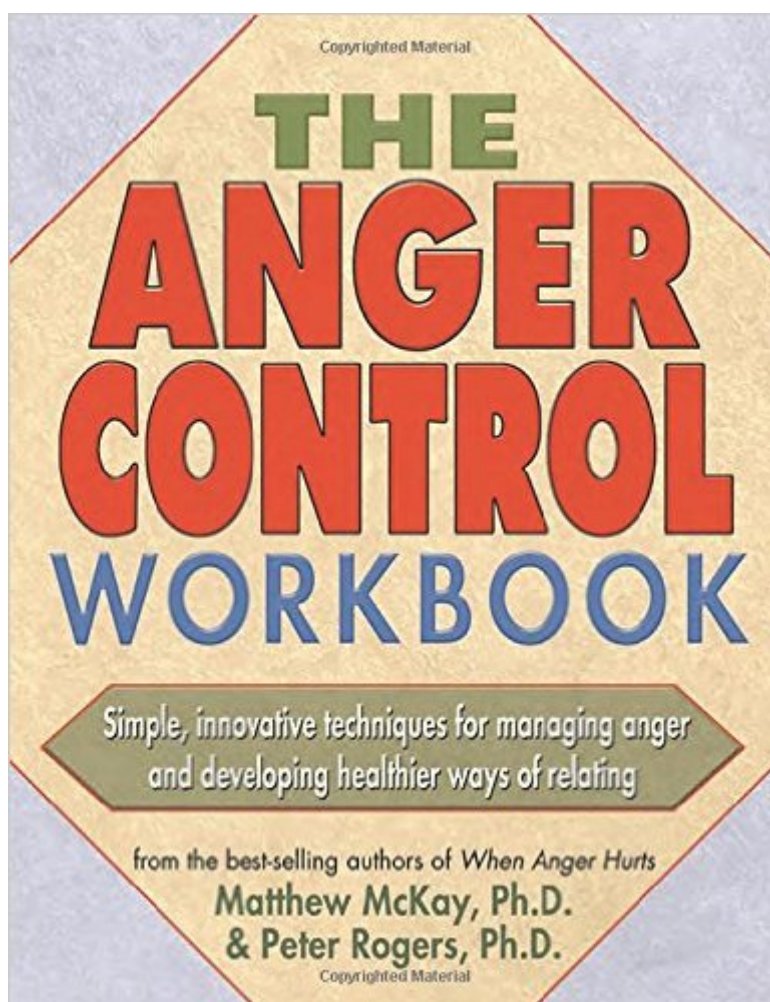


The book was found

# The Anger Control Workbook



## Synopsis

The Anger Control Workbook offers a new and highly effective approach to anger control that gives you the tools you need to manage anger in your day-to-day life. You'll get a deeper understanding of how anger affects all areas of your life—both physically and emotionally—and within a few weeks feel the benefits of controlling destructive anger. This workbook shows you how to practice new coping behaviors that allow you to gain control in anger-stimulating situations. Throughout, the techniques are streamlined and presented in a clear, step-by-step format, including numerous exercises and worksheets. It's arranged to make it as easy as possible to put together a program tailored to your own personal obstacles and triggers. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit—an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

## Book Information

Paperback: 160 pages

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ISBN-10: 1572242205

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Product Dimensions: 8.6 x 0.4 x 11 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars— See all reviews— (76 customer reviews)

Best Sellers Rank: #28,244 in Books (See Top 100 in Books) #22 in Books > Self-Help > Anger Management #68 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #102 in Books > Health, Fitness & Dieting > Mental Health > Emotions

## Customer Reviews

A while back, I was lucky to get a hold of a book called The Authoritative Guide to Self-Help Books. The book is a result of a well-respected study that rates hundreds of self-help books/films/websites for various disorders such as depression, anger, obesity, anxiety, low self-esteem and so on to see if they deliver self-help. In the anger category, the only book found to be highly effective (5 stars) was the book I am reviewing. This is the most concise book I've seen on this complex subject about

150 pages), but it's the essence of all I needed. In my opinion, a self help book is good if: 1. It's simple, clear and free of psychobabble with a minimum of stories of non-existent humans; 2. It doesn't dwell excessively on the past no matter how sad, but rather encourages action to change; 3. The issues feel relevant and you see the application to your unique situation immediately; 4. It is scientifically proven to work. It does not promise you easy and quick results but realistic and common-sense; The Anger Control Workbook is such self-help book. It starts by teaching you how to relax on demand. Try to be angry when you are completely relaxed-it's impossible. Relaxation is a skill that you perfect with 20-minute daily practice. You use this skill to temporarily calm yourself and buy time so that you can plead and reason with yourself not to act impulsively and cause an unrepairable damage. Then, the book addresses your thought and belief system and helps to correct some of the distortions that are surely lurking there. Automatic and unnoticed distortions provide fertile ground for anger.

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