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don't let anger harm your health, career, and relationships. No individual, not even Freud himself, has had a greater impact on modern psychotherapy. Psychology today: anger is universal. Unchecked, it can cause lasting damage in our lives: wrecked relationships, lost jobs, even serious disease. Yet in these increasingly stressful times, all of us have acted in anger and often wished we hadn't. Is there a way that really works to solve problems and assert ourselves without being angry? The answer is a resounding yes. If you follow the breakthrough steps of Rational Emotive Behavior Therapy (REBT), this proven approach developed by world-renowned psychotherapist Dr. Albert Ellis, has withstood the test of time, helping countless people deal effectively with emotional problems using easy-to-master instructions and exercises. This classic book will show you how to apply REBT techniques to understand the roots and nature of your anger and take control of and reduce angry reactions. Here you will discover the rational and irrational aspects of anger, special insights into your self-angering beliefs, how to think, feel, and act your way out of anger, how to relax, how to accept yourself with your anger, and much more that will help you challenge and eliminate the anger that can frustrate success and happiness at home, at work, anywhere.

Everyone gets angry, but some people manage anger better than others. Designed for better controlling one's anger, this powerful little guide covers it all: shows how anger differs with men and women; identifies major anger triggers and costs; specifies self-help techniques; reveals how to get professional help; offers a commitment to change contract; two sections on self-help and getting help cover everything from reducing stress, joining anger management classes, and forming a support group to finding a good therapist, taking medications, and even acquiring a loving pet. It also lists dozens of useful anger management resources: books, DVDs, games, programs, and websites, jam-packed with revealing self-tests, examples, illustrations, exercises, tips, techniques, and resources for changing attitudes and behaviors that lead to creating a new anger-free you. A terrific handout for counselors and other professionals to give clients who struggle with anger management issues, especially those experiencing co-occurring disorders: substance abuse, depression, anxiety, OCD, phobias, and/or those who are incarcerated with anger, rage, and violence issues.

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emotive behavior therapy rebt this proven approach developed by world renowned psychotherapist dr albert ellis has withstood the test of time helping countless people deal effectively with emotional problems using easy to master instructions and exercises this classic book will show you how to apply rebt techniques to understand the roots and nature of your anger and take control of and reduce angry reactions here you will discover the rational and irrational aspects of anger special insights into your self angering beliefs how to think feel and act your way out of anger how to relax how to accept yourself with your anger and much more that will help you challenge and eliminate the anger that can frustrate success and happiness at home at work anywhere

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