

the therapy room

Anger Management for Dummies by William Doyle Gentry

"These days, anger is all the rage: 80% of drivers have been involved in road rage incidents, 65% of office workers have experienced office rage, and the FAA reported a 400% increase in air rage incidents between 1997 and 2000."

Emma's Opinion (Emhart Counselling):

If your anger, or that of a loved one, is out of control and threatening your life and livelihood, you need the calm, clear, and understanding help you'll find in "Anger Management for Dummies". This concise and practical guidebook shares specific anger management methods, skills, and exercises that will help you identify the sources of your anger and release yourself from their grip. You'll find out how to: defuse your anger before it strikes; express your feelings calmly; respond rather than react; prevent anger incidents in the future; release healthy anger in a healthy way; confess your anger in a journal; use anger constructively; and get beyond old anger

through forgiveness. Complete with tips for road rage, air rage, office rage, and dealing with angry children, "Anger Management for Dummies" gives you the tools you need to overcome your anger and live a happier, more productive life.

Log on to:

www.moretonhalldirectory.blogspot.com
to purchase your copy of Anger Management for Dummies today.

Close couples talk all the time!



Emhart Counselling

Specialising in:

- ◆ Relationship issues ◆ Anger & Anxiety
- ◆ OCD ◆ Depression ◆ Low Self Confidence

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