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Release from Anger: Practical Help for Controlling Unreasonable Rage

By Joe Griffin, Ivan Tyrrell

Human Givens Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, Release from Anger: Practical Help for Controlling Unreasonable Rage, Joe Griffin, Ivan Tyrrell, This book explodes many popular myths about anger and includes important information, much of it new, about the causes, effects, triggers and behaviour patterns of anger and aggression: why anger is a natural 'fight of flight' response, and essential for our survival; what happens when we get angry; how excessive anger can inhibit physical and mental health, as well as general wellbeing; how to avoid common triggers for anger; how to predict anger outbursts in yourself and others; hy venting angry feelings will not make anger go away, and could in fact increase it; and, why talking about angry feelings rarely helps - especially for men. It also explores: the connection between anger and depression; how to inoculate yourself against stress and anger; the importance of teaching communication skills to people in order to convert anger impulses into controlled responses, particularly in children; a simple yet effective technique to use every day: the life model of effective communication; and, using body language to build rapport and lower the emotional temperature of a situation. "The Human Givens Approach" series was...



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