



The Anger Workbook: An Interactive Guide to Anger Management

Les Carter, Frank Minirth

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Don't Let Anger Take Control!

Most people stereotype anger by assuming that it always results in shouting, slamming fists, or throwing things. However, anger is not that one-dimensional.

In fact, all of the statements below represent feelings of anger:

- When I am displeased with someone I shut down any communication and withdraw.
- I get very tense inside as I tackle a demanding task.
- I feel frustrated when I see someone else having fewer struggles than I.
- There are times when my discouragement just makes me want to call it quits.
- I can be quite aggressive in my business pursuits or even when just playing a game.

We all deal with anger in our lives, whether it be in a subtle or violent manner. Being angry can involve such emotional expressions as frustration, irritability, annoyance, aggravation, blowing off steam, or fretting.

The good news is anger can be managed. In *The Anger Workbook* Les Carter, Ph.D., and Frank Minirth, M.D., offer a unique 13-step interactive program that will help you:

- Identify the best ways to handle anger
- Understand how pride, fear, loneliness, and inferiority feed your anger
- Uncover and eliminate the myths that perpetuate anger-"Letting go of my anger means I am conceding defeat" or "No one understand my unique problems."
- Identify learned patterns or relating, thinking, and behaving in your life that influence your anger.

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