



Anger Kills: Seventeen Strategies for Controlling the Hostility That Can Harm Your Health

Redford Williams, (None)

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Stop getting mad...and start saving your life!

Anger isn't just a negative emotion. It may also lead to heart disease and other life-threatening illnesses, according to the latest medical research. Now, *Anger Kills* helps you assess just how much hostility, cynicism, and aggression rule your life. Incorporating recent scientific data and the methods developed in the authors' anger-reduction workshops, this practical guide explains how to recognize anger points and control them using seventeen proven, successful strategies, from deflecting anger to improving relationships to adopting a more positive attitude. The authors also provide practical solutions for effectively dealing with hostile people to help you improve and diminish painful encounters and enjoy a calmer, happier life.

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