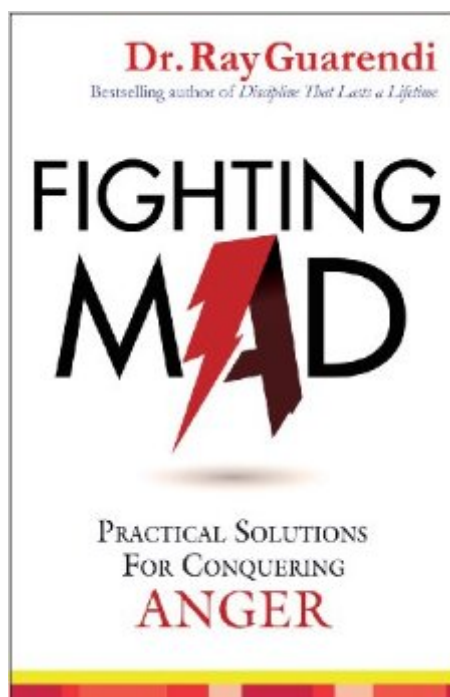


The book was found

Fighting Mad: Practical Solutions For Conquering Anger



Synopsis

How do you deal with anger and its emotional buddies? Parents, children, spouses, siblings, coworkers, even friendsâwe all struggle with situations where we experience feelings of anger. Dr. Ray cuts through psychobabble to present a realistic picture of anger and other emotional issues, and then offers practical solutions for overcoming them. The first chapters provide a basic understanding of anger and clears up common misconceptions, and each subsequent chapter focuses on a different aspect of anger. Most of the time anger and its causes are well within our controlâand conquering those angry impulses are in our control, too. Let Dr. Ray show you how!

Book Information

Paperback: 160 pages

Publisher: Servant Books (December 27, 2013)

Language: English

ISBN-10: 1616367075

ISBN-13: 978-1616367077

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (28 customer reviews)

Best Sellers Rank: #338,355 in Books (See Top 100 in Books) #99 inÂ Books > Christian Books & Bibles > Catholicism > Self Help #164 inÂ Books > Self-Help > Anger Management #709 inÂ Books > Christian Books & Bibles > Christian Living > Dating & Relationships

Customer Reviews

In his latest work Ray Guarendi, Ph.D., tackles the subject of anger. As the examples below show, he uses a common-sense approach based on years of experience as a counselor and parent (he is the father of 10). The book contains more than 22 short chapters on contrasting opinions involving the nature of anger (Problem or Disorder, Emotion or Thought, Trait or State) and its expression (Vent or Contain, Forgive or Feel Bad).Some examples:In the Right or Wrong chapter, Guarendi examines assertiveness training, a "quasi-therapy" that claims emotional benefits to those who assert their rights firmly in social relationships. Under certain circumstances, such assertiveness can result in pushy and even obnoxious behavior, Guarendi writes. He suggests that sometimes the parties involved would better let the issue pass. Turning to Matthew 5:39, he recalls the counsel of Jesus to "turn the other cheek." The psychologist points out that setting aside some "rights" can be emotionally healthy while pursuing them may lead to distress and prolonged irritation. In summary,

he emphasizes the importance of discerning whether anger is a choice or a right and, more importantly, how asserting that right will affect me and others. Anger, he says, is almost always a choice, not a right. Guarendi also questions the conventional wisdom that venting anger is a healthy way to release pressure. He cautions that venting is more likely to agitate than pacify the venter and can lead to guilt, shame, embarrassment, and regret. He suggests two ways to relieve frustration, the difference between what we want and what is: (1) align reality with our desires or (2) align our desires more closely with reality. Lowering expectations is often a good choice, he writes.

[Download to continue reading...](#)

Fighting Mad: Practical Solutions for Conquering Anger Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems Anger Experiences: Group Member Workbook (Anger Management) (Volume 1) The Anger Workbook for Teens: Activities to Help You Deal with Anger and Frustration Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger Fight for the Forgotten: How a Mixed Martial Artist Stopped Fighting for Himself and Started Fighting for Others Saintly Solutions to Life's Common Problems: From Anger, Boredom, and Temptation to Gluttony, Gossip, and Greed Adult Mad Libs: Talk Dirty to Me: A Filthy & Funny Adult Activity Book Filled with Naughty Mad Libs Mad About Animals Mad Libs Mad Libs for President (Mad Libs) Football Mad Libs: Touchdown: A Silly Activity Book with Funny Sport Mad Libs for Kids & Teens Teen Mad Libs: The Ultimate Mad Libs for Teenagers Java for the Web with Servlets, JSP, and EJB: A Developer's Guide to J2EE Solutions: A Developer's Guide to Scalable Solutions AutoLISP to Visual LISP: Design Solutions: Design Solutions for AutoCAD 2000 (Autodesk's Programmer Series) Exam Ref 70-331 Core Solutions of Microsoft SharePoint Server 2013 (MCSE): Core Solutions of Microsoft SharePoint Server 2013 Microsoft SharePoint 2013 Designing and Architecting Solutions: Designing and Architecting Solutions Stage Fighting: A Practical Guide Cost Management and Control in Government: A Proven, Practical Leadership Driven Management Approach to Fighting the Cost War in Government (Managerial Accounting Collection) Conquering the Physics GRE McGraw-Hills Conquering the GMAT Math and Integrated Reasoning, 2nd Edition

[Dmca](#)