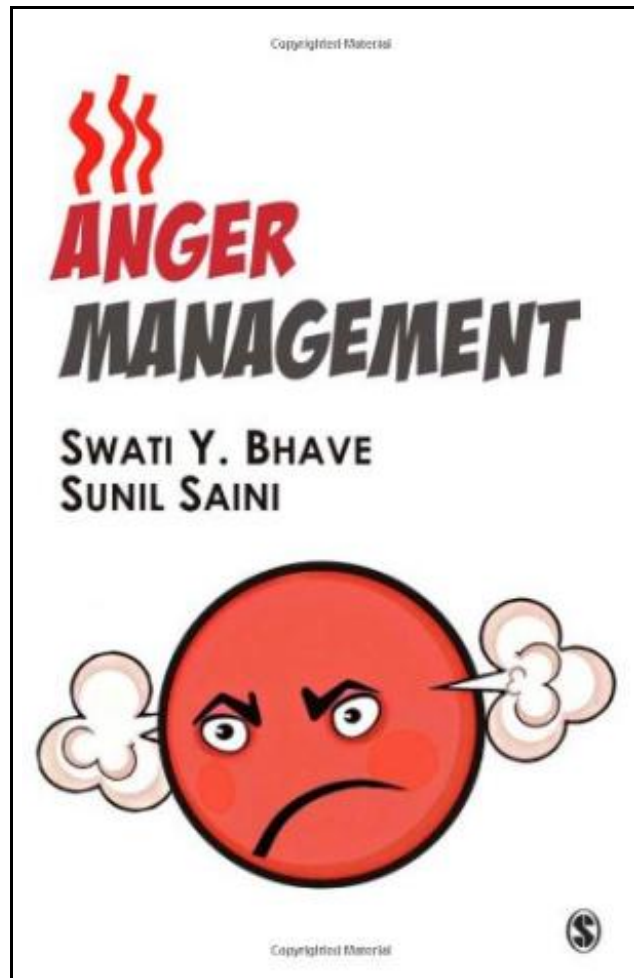


Anger Management



Filesize: 6.05 MB

Reviews

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Sage Publications, New Delhi, India, 2009. Paperback. Book Condition: New. First Edition. Anger management is a term that connects to us instantly since it talks about the commonest emotion that we encounter in the present time, both within and without: anger. Laying out a host of effective tips to manage anger, this book comes with the power to change things for the better. The key features of the book are: " The explanation of the confusing emotion of anger in simple terms, including the physiology of anger and its deleterious effects; alongside, it also shows how anger varies with age group, gender etc. " Discussions on detail anger management techniques for individuals, for family, and at school and workplace. " Elaboration of easy tips to master anger where there is chronic anger and unhappiness translating into negative human behavior like adolescents falling in abusive love relationships, dating violence, date rape, drug abuse, driving aggression, robbery, gambling, suicidal ideation, sensation seeking and other impulse control behaviors. " Delineation of A to Z tips for self management of anger. " Discussion on how people can reconstruct their negative thoughts, feelings and behaviors and emphasis on therapeutic intervention for serious anger problems. This book will equip the common people to handle their anger better. Its lucid narration and the use of cartoons and illustrations make it an interesting, entertaining and effective read. Professionals like physicians, psychiatrists, psychologists, and counselors can recommend this book to their patients. Students of psychology, sociology, and behavioural sciences will also find it useful. Printed Pages: 220.



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