



The Anger Workbook: An Interactive Guide to Anger Management

By Les Carter, Frank Minirth



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The Anger Workbook: An Interactive Guide to Anger Management By Les Carter, Frank Minirth

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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Editorial Review

About the Author

Dr. Les Carter is a nationally known expert in the field of Christian counseling. He maintains his counseling practice, specializing in the treatment of emotional and relational disorders, at the Southlake Psychiatric and Counseling Center in Southlake, Texas. He is the author of twenty books, including *The Freedom from Depression Workbook*; *The Choosing to Forgive Workbook*; *The Worry Workbook*; *The Anger Trap*; *Enough About You, Let's Talk About Me*; *The Anger Workbook For Christian Parents*; and *Grace and Divorce*. Carter earned his B.A. from Baylor University and his M.Ed. and Ph.D. from North Texas State University. For more information, please go to Dr. Carter's Web site, www.drlescarter.com.

Frank Minirth, M.D., is founder of The Minirth Clinic and has authored or co-authored more than thirty books, including *Happiness Is a Choice*, and *Worry-free Living*.

Users Review

From reader reviews:

Daniel Hartung:

Hey guys, do you would like to finds a new book you just read? May be the book with the headline The Anger Workbook: An Interactive Guide to Anger Management suitable to you? The actual book was written by renowned writer in this era. The actual book untitled The Anger Workbook: An Interactive Guide to Anger Management is one of several books that will everyone read now. This book was inspired a lot of people in the world. When you read this guide you will enter the new dimensions that you ever know ahead of. The author explained their idea in the simple way, therefore all of people can easily to be aware of the core of this e-book. This book will give you a large amount of information about this world now. In order to see the represented of the world with this book.

Lourdes Tyner:

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Ruby Harris:

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every minute. This kind of book reveal it info accurately using great coordinate word or we can state no rambling sentences inside. So if you are read that hurriedly you can have whole info in it. Doesn't mean it only offers you straight forward sentences but tough core information with attractive delivering sentences. Having The Anger Workbook: An Interactive Guide to Anger Management in your hand like having the world in your arm, facts in it is not ridiculous 1. We can say that no reserve that offer you world throughout ten or fifteen second right but this reserve already do that. So , this can be good reading book. Hey there Mr. and Mrs. stressful do you still doubt in which?

Milan Allen:

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