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Nota di contenuto	Intro -- ALSO BY DR. ALBERT ELLIS -- Title Page -- Copyright Page -- Dedication -- Table of Contents -- Foreword -- Preface -- Acknowledgments -- Epigraph -- 1 - Must You Feel Angry? -- 2 - How You Create Your Own Anger: The ABCs of REBT -- 3 - The Insanity of Anger -- 4 - Looking for Self-Angering Philosophies -- 5 - Understanding Your Self-Angering Philosophies -- 6 - Disputing Your Self-Angering Philosophies -- 7 - Some Methods of Thinking Your Way out of Anger -- 8 - Some Methods of Feeling Your Way out of Anger -- 9 - Some Methods of Acting Your Way out of Anger -- Take specific risks -- Risk rejection by asking for something -- Risk saying no or refusing something yourself -- Do something ridiculous or "shameful" -- Deliberately fail at an important task-or act as if you had -- Assert yourself coolly -- Rehearse resistance to giving in -- Courageous confrontation -- Feedback -- Prior preparation -- Clearly distinguish assertion from aggression -- Acting assertively -- Exposure to hostility -- Constructive activities -- Early conditioning -- Diversionary measures -- Coping procedures -- Cognitive awareness and desensitization -- 10 - More Rethinking About Your Anger -- 11 - Ripping Up Your Rationalizations for Remaining Angry -- 12 - More Ways of Overcoming Anger -- Review of pragmatic results -- Frustration reduction -- High frustration tolerance -- Counterattacking narcissism and grandiosity -- Liberalization of attitudes -- Knowledge

of history -- Awareness of the harm of anger and violence -- Focusing on reprisal -- Abuse of weaker individuals -- Political violence -- Religious warfare -- Belief in the power of aversive harm -- Prejudice against self and others -- Taking on characteristics of those you hate -- Anger as a "pain in the gut" -- Interference with individuality within groups -- Interference with activism. Interference with the rights of others -- Deification of all aggressiveness -- Overgeneralized and unfair discrimination -- Ignoring long-range values -- The perpetuation of disturbance -- Interference with helping others to change -- Encouraging feelings of depression -- Psychosomatic reactions -- Genocide -- Understanding attribution theory -- Combating romanticism and unrealism -- Overcoming feelings of inadequacy -- Familiarity and ritualistic behavior -- Fair fighting -- Avoidance of drugs and alcohol -- Lack of reinforcement -- A philosophy of fallibility -- Countering abuse of children and subordinates -- Dealing with counteraggression -- Nonviolence as a philosophy -- Recognizing the irony of hatred -- Humanistic values -- Focusing on the pain of the victim -- Focusing on relating to others -- Discriminate the constructive aspects of anger -- Cooperative outlook -- Diversionary methods of overcoming anger -- Antidepressive methods -- Training courses and workshops -- 13 - Accepting Yourself With Your Anger -- 14 - Postscript: How to Deal With International Terrorism -- Appendix: Techniques for Disputing Irrational Beliefs (DIBS) -- References -- About the Authors.

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#### Sommario/riassunto

Anger. It's one of our most basic, and often most destructive, human emotions. And in today's world, it's a constant, escalating force, from road rage to domestic abuse, from teen violence to acts of terrorism. More than ever we need effective ways to live with it, understand it, and learn to deal with it. This landmark book from world-renowned psychotherapist Dr. Albert Ellis, shows you how.

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