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Appendix 1--Self-Assessment of Anger Questionnaire (SAQ); Appendix 2--Daily Anger Log; Appendix 3--Personal Anger Scale; Appendix 4--Anger Analysis; Appendix 5--The Relationship Anger Profile (RAP)
Suggested ResourcesReferences; Index; About the Author

Sommario/riassunto

This straight-talking book-grounded in over 25 years of experience-has already helped many tens of thousands of readers understand and manage destructive anger in all its forms. Anger expert Dr. Robert Nay guides you to Figure out which of the five ""faces of anger"" are a problem for you, from passive-aggression to all-out rage. Recognize the early warning signs of anger in your physical sensations and thoughts. Master cooling-off strategies that work in the heat of the moment. Identify and change unrealistic expectations you have for yourself and other people. Communicate effectively
