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Nota di contenuto	Intro -- Contents -- Acknowledgments -- Foreword -- Introduction -- Chapter 1: Anger Angles -- Chapter 2: Six Ways to Combat Anger -- Chapter 3: Pathways to Positive Change -- Chapter 4: Your Perspective Solution -- Chapter 5: Coping with Unfairness -- Chapter 6: Body-Mind Solutions -- Chapter 7: The Frustration-Tension Tolerance Solution -- Chapter 8: Problem-Solving Solutions -- Chapter 9: Assertive Solutions -- Chapter 10: How to Communicate Effectively with Impact -- Chapter 11: Mastery over Anger -- Chapter 12: Top Tips from Anger Experts -- References -- About the Author -- Index.
Sommario/riassunto	Anger experts William Knaus and Irwin Altrows present The Cognitive Behavioral Workbook for Anger. Drawing on the gold standard treatment for anger--cognitive behavioral therapy (CBT)--and informed by the no-nonsense approach of rational emotive behavior therapy (REBT), this workbook offers readers a radically effective anger management tool deeply rooted in scientific research.