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Titolo	Overcoming anger in your relationship : how to break the cycle of arguments, put-downs, and stony silences // W. Robert Nay
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Lingua di pubblicazione	Inglese
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Understanding and confronting anger : the promise of change -- Recognizing how anger is pulling your strings -- Creating new boundaries-expecting new behavior -- Identifying the thinking patterns that keep you stuck -- Taking new actions and getting better outcomes -- Loud, impatient, and "over the top" : confronting hostility -- When words do hurt : rejecting sarcasm and verbal abuse -- Threats and beyond : staying off the slippery slope of physical abuse -- Passive anger : what to do when it seems harmless but feels harmful -- Coping with the expected and preparing for the unknown.
Sommario/riassunto	Has your relationship become a battlefield? Does your partner's sarcasm, irritability, or hostility make you wonder where the closeness and trust have gone-and how much more you can take? If anger is poisoning your relationship, this book offers a powerful antidote. Anger expert W. Robert Nay provides clear-cut, practical techniques for responding productively to inappropriate expressions of anger. Learn how anger gains a foothold in a couple's life, why your usual responses may unwittingly reward bad behavior, and how to stand up for yourself

in ways that promote lasting change. Self-quizzes
