

Creative Anger

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CREATIVE ANGER

**Putting That Powerful Emotion
to Good Use**

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PRÆGER

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出版者:Greenwood Pub Group

出版时间:2007-11

装帧:HRD

isbn:9780275998745

Many in the West enjoy plenty, opportunity and luxury, but are also flush with fury. Homicides, assaults, domestic abuse, youth violence, and even road rage are all too common, let alone everyday outbursts of temper that harm family members, friends, peers, and co-workers. The market for anti-anger, mood-stabilising drugs is booming, as is the market for anger management counselling and classes. What is happening? In this book, a team of experts who have presented workshops to "rethink anger" argue that anger is normal; nature hardwired it into our brains for protection. But here is the paradox: anger out of control destroys, yet anger understood and controlled is a constructive force, that can be used for creativity, change, and growth. The authors show us how to take charge of this powerful emotion, so it can be used in constructive ways, rather than destructive. Using anger energy constructively can release creative potential, and be liberating. Ten years of research and workshops have honed the knowledge and skills of this team of authors, and here they guide us in how to tame our anger into a positive force. This book will be useful to all trying to tame their own anger, or that of others close to them. It will also be of interest to teachers, counsellors, managers and students of psychology.

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