

Getting Over Getting Mad



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With society increasingly held hostage to stress, conflict, and violence, the issue of anger is getting lots of attention. Intimate partners, families, schools, workplaces, and the media are all focusing on how to better manage this difficult emotion. In contrast to books that analyze the causes of anger or discuss the issue on a societal level, Getting Over Getting Mad provides readers with inspiration and suggestions for making positive changes in themselves and their relationships. The book's primary emphasis is on prevention, encouraging people to deal with upset, frustration, tantrums, and annoyances quickly -- before these disturbances sour feelings and burn bridges. The book also gives concrete suggestions for handling anger in ongoing difficult situations, and chronicles the author's own experiences as a therapist and workshop leader.

作者介绍:

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