

In Control



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In this life-changing book--now available in paperback--the creators of the internationally acclaimed Lifeskills workshops draw on groundbreaking research to show readers how to deal with the stresses in their lives that often cause them to lose control. Working equally well for "hot reactors," who tend to blow up when things don't go their way, and "cool reactors," who are more likely to repress their emotions, the easy-to-follow 8-week program will help anyone to cope effectively with a variety of difficult circumstances, from volatile situations at home and at work to smaller annoyances like traffic jams and long checkout lines.

作者介绍:

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