



The Anger Book: A Compendium of Quotes and Illustrations About How Anger Can Help or Hurt You

Gini Graham Scott

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Feelings of anger are pervasive, since it is often comes from fear or confronting an obstacle to a goal. While it often has negative consequences, such as problems in a relationship or at work and escalating conflicts, at other times, it can fuel creative and positive change in oneself, in one's relationship, and in society as a whole. So a good strategy is to control and manage that anger by acting from choice and wisdom. For anger can contribute to one's survival and success when used effectively. THE ANGER BOOK provides a broad overview of the many facets of anger by combining commentary, quotes, and illustrations, and it concludes with a section on tips and techniques for dealing with your own anger and a questionnaire to help you decide what to do. It covers these main topics: - the pervasiveness of anger - the destructiveness of anger - anger and truth - controlling anger and making choices - letting go of anger - expressing your anger - the importance of forgiveness - anger, understanding and empathy - promoting change - anger and fear, denial, and reason - anger and others - anger, love, and betrayal - when anger becomes fun

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Cindy Mattis:

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