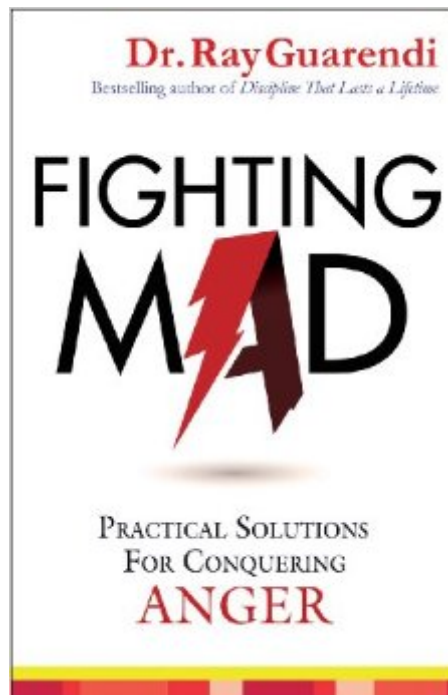


The book was found

# Fighting Mad: Practical Solutions For Conquering Anger



## Synopsis

How do you deal with anger and its emotional buddies? Parents, children, spouses, siblings, coworkers, even friends—we all struggle with situations where we experience feelings of anger. Dr. Ray cuts through psychobabble to present a realistic picture of anger and other emotional issues, and then offers practical solutions for overcoming them. The first chapters provide a basic understanding of anger and clears up common misconceptions, and each subsequent chapter focuses on a different aspect of anger. Most of the time anger and its causes are well within our control—and conquering those angry impulses are in our control, too. Let Dr. Ray show you how!

## Book Information

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## Customer Reviews

In his latest work Ray Guarendi, Ph.D., tackles the subject of anger. As the examples below show, he uses a common-sense approach based on years of experience as a counselor and parent (he is the father of 10). The book contains more than 22 short chapters on contrasting opinions involving the nature of anger (Problem or Disorder, Emotion or Thought, Trait or State) and its expression (Vent or Contain, Forgive or Feel Bad). Some examples: In the Right or Wrong chapter, Guarendi examines assertiveness training, a "quasi-therapy" that claims emotional benefits to those who assert their rights firmly in social relationships. Under certain circumstances, such assertiveness can result in pushy and even obnoxious behavior, Guarendi writes. He suggests that sometimes the parties involved would better let the issue pass. Turning to Matthew 5:39, he recalls the counsel of Jesus to "turn the other cheek." The psychologist points out that setting aside some "rights" can be emotionally healthy while pursuing them may lead to distress and prolonged irritation. In summary,

he emphasizes the importance of discerning whether anger is a choice or a right and, more importantly, how asserting that right will affect me and others. Anger, he says, is almost always a choice, not a right. Guarendi also questions the conventional wisdom that venting anger is a healthy way to release pressure. He cautions that venting is more likely to agitate than pacify the venter and can lead to guilt, shame, embarrassment, and regret. He suggests two ways to relieve frustration, the difference between what we want and what is: (1) align reality with our desires or (2) align our desires more closely with reality. Lowering expectations is often a good choice, he writes.

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