



Thirty-Minute Therapy for Anger: Everything You Need To Know in the Least Amount of Time (The New Harbinger Thirty-Minute Therapy Series)

Ronald Potter-Efron, Patricia Potter-Efron

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If You Have 30 Minutes, You Can Take Charge of Anger

Anger fills us with adrenaline, but can also cloud our thinking--a combination that tends to get us into trouble. In **30-Minute Therapy for Anger**, you'll learn proven-effective skills developed by therapists for helping people process and control their anger instead of lashing out at others. These conflict-defusing techniques will help you "cool down" anger so that you can respond calmly and effectively, even in life's most aggravating situations.

Read just one or all three parts of this book:

Get the basics

Learn what you need to know to quickly get anger under control in the first sections of each chapter.

Gain a deeper understanding

Take it further and read the second sections of each chapter for skills that will help you make lasting changes.

Then, go online to practice your skills

Log on to find more exercises available online exclusively for 30-Minute Therapy for Anger readers.

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