

control your

ANGER

before it controls you

How To Control Your Anger Before It Controls You

Angela R Johnson



How To Control Your Anger Before It Controls You:

How To Control Your Anger Before It Controls You Albert Ellis, Raymond Chip Tafrate, 2016-04-26 Don't let anger harm your health, career and relationships. No individual, not even Freud himself, has had a greater impact on modern psychotherapy. Psychology Today: Anger is universal. Unchecked, it can cause lasting damage in our lives: wrecked relationships, lost jobs, even serious disease. Yet in these increasingly stressful times, all of us have acted in anger and often wished we hadn't. Is there a way that really works to solve problems and assert ourselves without being angry? The answer is a resounding yes if you follow the breakthrough steps of Rational Emotive Behavior Therapy (REBT). This proven approach, developed by world-renowned psychotherapist Dr. Albert Ellis, has withstood the test of time, helping countless people deal effectively with emotional problems. Using easy-to-master instructions and exercises, this classic book will show you how to apply REBT techniques to understand the roots and nature of your anger and take control of and reduce angry reactions. Here you will discover: The rational and irrational aspects of anger; Special insights into your self-angering beliefs; How to think, feel, and act your way out of anger; How to relax; How to accept yourself with your anger and much more that will help you challenge and eliminate the anger that can frustrate success and happiness at home, at work, anywhere.

How to Control Your Anger Before It Controls You Albert Ellis, Raymond Chip Tafrate, 1997 In their new approach to coping with anger, world-famous psychologist Dr. Albert Ellis and Dr. Raymond Chip Tafrate present their thoroughly researched and proven technique designed to help understand the roots and nature of anger. Using simple instructions and exercises, readers can learn to reduce angry reactions to an often difficult and unfair world.

Controlling Your Anger before It Controls You Gregory L. Ph.D. Jantz, Ann McMurray, 2013-03-15 Dr. Jantz shows women how to accept the truth of their anger, examine where it comes from, be honest about how they use it, be open to change, be willing to forgive even themselves, be willing to feel something else besides their anger. With a compassionate tone and an honest look at reality, Dr. Jantz helps women face their anger issues, move beyond them, and live the life they were meant to live.

How To Control Your Anxiety Before It Controls You Albert Ellis, 2016-06-28 Learn to manage your anxiety with this classic self-help book from a respected pioneer of psychotherapy. From social anxiety to phobias to post-traumatic stress disorder, sources of anxiety in daily life are numerous and can have a powerful impact on your future. By following the rules of Rational Emotive Behavior Therapy (REBT) created by world-renowned therapist Dr. Albert Ellis, you can stop anxiety in its tracks if you will admit this important fact: Things and people do not make you anxious; you do. Your unrealistic expectations produce your needless anxiety. Yet not all anxiety is needless. Healthy anxiety can ward off dangers and make you aware of negative things that you can change. Unhealthy anxiety inhibits you from enjoying everyday activities and relationships, causes you to perform poorly, and blocks your creativity. Using the easy-to-master, proven precepts of REBT, this classic book not only helps you distinguish between healthy and unhealthy anxiety but teaches you how to understand and dispute the irrational beliefs that make you anxious.

Use a variety of exercises including rational coping self statements reframing problem solving methods and Unconditional Self Acceptance USA to control your anxiety Apply over two hundred maxims to control your anxious thinking as well as your bodily reactions to anxiety and much more including examples from dozens of cases Dr Ellis treated successfully Now you can overcome the crippling effects of anxiety and increase your prospects for success pleasure and happiness at home and in the workplace No individual not even Freud himself has had a greater impact on modern psychotherapy Psychology Today

Anger Management Angela R Johnson,2022-10-18 If a driver cuts you off in traffic do you get angry When your kid acts up does your blood pressure go through the roof A typical and even healthy emotion is anger However you must approach it constructively Your health and your relationships may suffer as a result of unchecked anger Everyone occasionally experiences the common emotion of anger Finding constructive ways to deal with anger is necessary if you discover that it manifests as aggression or outbursts

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Anger in Politics Andrew Hertzoff,2025-10-13 Anger is everywhere today Why is there so much anger in our politics Why do some things feed unreasonable rage and other outrageous things fail to provoke outrage What should we be angry about and how Some see anger as a toxic force endangering political debate democracy and civil society others see anger as a the only proper motivation to pursue injustice In this debate Hertzoff offers considerations grounded in Aristotle s treatment of anger When why and in what ways we become angry need to be judged against a standard of virtuous anger measured against concepts of justice dignity and nobility In bringing together Aristotle s concept and treatment with our concerns with anger in our society gives us reason to rethink our views of anger how we learn to be angry and how we teach children to be angry properly

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