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# How To Control Your Anger Before It Controls You

"No individual—not even Freud himself—has had a greater impact on modern psychotherapy." —*Psychology Today*

how to

## control your anger

before it controls you

albertellis, Ph.D.

AND RAYMOND CHIP TAFRATE, Ph.D.

With a New Foreword by Raymond A. DiGiuseppe, Ph.D.



## Synopsis

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

## Book Information

Audible Audio Edition

Listening Length: 6 hours and 1 minute

Program Type: Audiobook

Version: Unabridged

Publisher: Brilliance Audio

Audible.com Release Date: April 26, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01DE2UH9E

Best Sellers Rank: #44 in Books > Medical Books > Psychology > Physiological Aspects #66 in Books > Health, Fitness & Dieting > Psychology & Counseling > Physiological Aspects #68 in Books > Self-Help > Anger Management

## Customer Reviews

The authors present both an overall framework for controlling anger and a multitude of specific techniques you can use. This very practical book is written in a much more modern style than most of Ellis' previous books. If you want results and are willing to work for them, order this book--and start working. These methods work!

In order to take advantage of this book, you need to focus on the thoughts creating anger. That's the whole clue. The book won't tell you what to do with your emotions or feeling of anger because the whole point is thoughts create feelings, so change your thoughts and your feelings will also change by default. How do you change your thoughts? Read the book and you'll find out.

I purchased this book to be used in a paper I was writing for school only to find myself sucked into it and realizing how easy it is for anger to become the primary reaction. I wish these types of book were available in schools.

I have a HORRIBLE temper and have for as long as I can remember. When I saw this book, I hoped it could guide me to get control of my temper. This book was originally published over four decades ago and has been revised and updated. The first part of the book explains the REBT method to reduce your angry reactions. The book states we commonly make ourselves angry at individuals we know well. This is very true for me. While I do find I will get angry at strangers my temper mainly is set off by family members. REBT uses self-teaching methods to help you deal with you anger. I will admit I was a little overwhelmed by all the information in this book but I did learn a few steps to controlling my anger that I think have been helpful to me. Something as simple as expressing my feelings without attacking the other person. I am one to rage and then regret the things I say later. I have been doing the PMR (Progressive Muscle Relaxation) technique and so far it has been a big help. I think there is definitely a lot of useful information in this book. I received this book for free to read and give my honest review.

This book helped me at a time of crisis in my life. Reading it gave me the tools I needed to let go of my anger. It's a little blunt and brutal - super realistic. I needed that to let go of the crap that I had no control over.

This type of self help can be used in all areas of our lives. It helped me take control of how I feel and how I express my feeling. If you get angry or depressed, these these techniques will help.

Excellent cognitive therapy book for anger problems. As a practicing psychologist, I have treated a few hundred individuals for problems with anger control over the past 14 years. After introducing a patient to cognitive and behavior therapy over a few weeks, I then use at least two books: First, The

Anger Control Workbook by McKay and Rogers (outstanding and thorough) and second, How To Control Anger Before It Controls You by Albert Ellis. The excellent book by McKay and Rogers contains a step-by-step anger treatment that can be much longer than expected for some patients, mostly because the anger inoculation training component can sometimes take several weeks to complete. It is recommended to use during therapy with a psychologist. Ellis' book is often great to keep a patient progressing in their work on anger. It is practical and useful. It contains some of the best cognitive therapy-based discussions of anger found in a self-help book. Albert Ellis is always at least mildly entertaining for a reader, but keep in mind that he is irreverent and uses profanity. If this does not offend you, you will enjoy the book, but more importantly, find it very effective in helping you to improve your anger problems.

I use to have some issues with my anger but I needed something more, This book teaches you why you think the way you do about angry situations and how to deal with your anger and also includes steps to that process

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Guide to Anger Control Taking Charge of Anger, Second Edition: Six Steps to Asserting Yourself without Losing Control Peacemaking: How to Be It, How to Do It - A Buddhist Priest Looks at Anger and Its Control as the Key to Being One with Our World So You Want to be a Dog Breeder. What's Next?: Things You Need to Know Before You Start

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