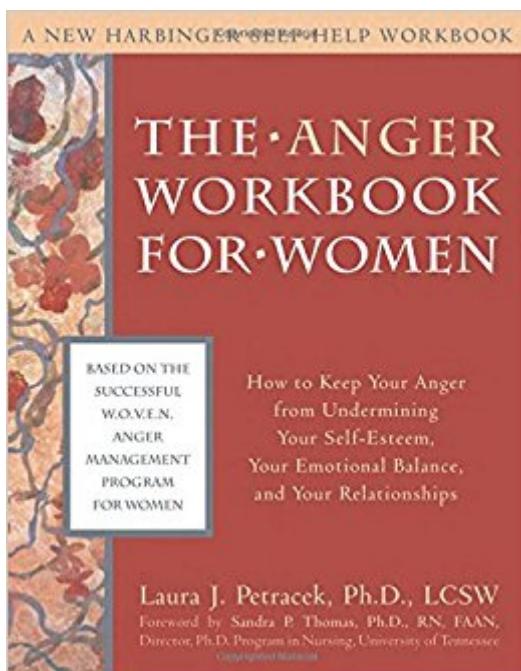


The book was found

The Anger Workbook For Women: How To Keep Your Anger From Undermining Your Self-Esteem, Your Emotional Balance, And Your Relationships (New Harbinger Self-Help Workbook)



Synopsis

Books on anger, by and large, have been written by men for men who express their anger in an outward and explosive way. But women usually express anger through a range of behaviors, from explosive outbursts to quiet seething rage. If you're a woman struggling with anger, this workbook is designed to help you develop skills and strategies for expressing your anger in constructive ways. No matter what your style of anger is, this workbook can help you identify what triggers your anger. Then, through a series of interactive, relational exercises, you'll learn ways to cope with angry feelings. Discover the things that might contribute to your anger with engaging worksheets and assessments. Explore the connection between anger and substance abuse, mood disorders, and domestic violence. Integrate elements of narrative, art, and music therapy into a powerful set of anger management tools. Take the power out of certain anger provoking situations with cognitive behavioral and attitude adjustment exercises.

Book Information

Series: New Harbinger Self-Help Workbook

Paperback: 176 pages

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Best Sellers Rank: #99,142 in Books (See Top 100 in Books) #45 in Books > Parenting & Relationships > Family Relationships > Abuse > Partner Abuse #53 in Books > Self-Help > Anger Management #558 in Books > Self-Help > Self-Esteem

Customer Reviews

Finally, a comprehensive anger workbook for women. thoughtful and informative, this book is a must for any woman who struggles with constructively expressing anger. Petracek has created a thoughtful and informative guide that offers insight into the specific difficulties women have with anger. This workbook is full of examples and exercises that will help the reader identify how she currently manages her anger, how stress and self-esteem relate to anger, and ways to appropriately express anger and improve relationships. This exceptional book will help women stop

destructive patterns of anger, whether they lash out or hold it in, and have healthier, happier lives and relationships. I am thrilled to have such a great resource for my clients. •Vallerie E. Coleman, Ph.D., psychologist and adjunct faculty member in the Department of Psychology at Loyola Marymount University "Petracek uses a commonsense, realistic approach to helping women deal with their anger. I found a wealth of information on the pages of this book; it is an excellent tool for women whether they have mild or major challenges with rage. Petracek takes the mind, body, and spirit into account when teaching women how to channel their anger in a healthy way." •Jan Brown, executive director of the Domestic Abuse Helpline for Men "A much-needed book. The problem of women's anger is often minimized in our society, but not by Petracek who, thankfully, takes this subject seriously. Having worked for many years with angry and aggressive women, she offers some practical and innovative solutions. I especially enjoyed her sections on anger-ins vs. anger-outs and the chapter on parenting." •John Hamel, LCSW, author of High Conflict to Battering and director of John Hamel & Associates, a counseling firm in San Raphael, CA "A much-needed, long-awaited book on the subject." •Ruth Gottstein, publisher of Volcano Press

This is the first book to adapt the powerful principles of cognitive behavioral therapy to the unique needs of women struggling with anger problems.

Excellent workbook!

Great item highly recommend and great product fast shipping Will do business again.

Good workbook, very useful with my substance use clients. I only wish it provided more coping skill practice.

This book has a lot of good advises and exercise how to recognize you "boiling point" before it is get over you. I think it should be in school program.

This book is exceptional, and I will be using this for my women's anger management classes

Thank you.

I found this workbook to be wonderfully written and very useful if you are trying to isolate causes for your anger and learn some tools for how to get better control over anger. As with all self-help books, you will get out of it what you are willing to apply in your lives. For those of you who are looking for some insight into how a woman deals with anger, I highly recommend this workbook.

This workbook was helpful.

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