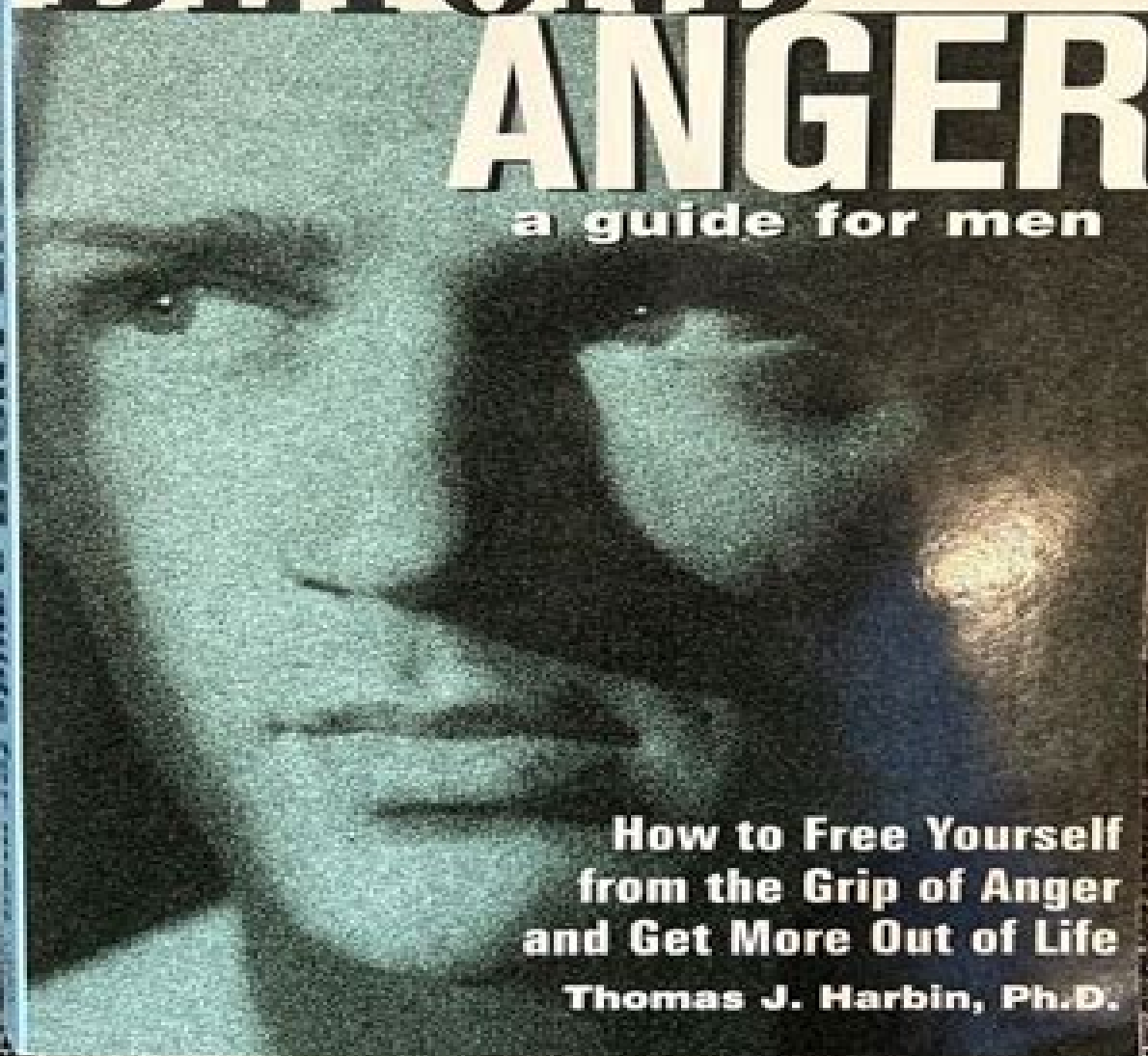


BEYOND ANGER

a guide for men



**How to Free Yourself
from the Grip of Anger
and Get More Out of Life**

Thomas J. Harbin, Ph.D.

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Beyond Anger A Guide

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Beyond Anger A Guide:

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behaviors participants can begin to grasp a better self understanding that will help them manage anger in a healthier more productive manner They ll develop new skills for communication conflict resolution and decision making and will be introduced to a variety of calming techniques Beyond Anger and Violence is a 40 hour evidence based program designed for women who have difficulty managing anger Based on a social ecological model the program addresses the factors that put people at risk for experiencing overwhelming feelings of anger and perpetrating assaults or destruction of property This curriculum acknowledges anger as a normal appropriate and human emotion but also recognizes the destruction it can lead to if allowed to get out of control This workbook will help guide participants through the program reinforcing the discussions held in session Topics include The effects of trauma Relationships and communication control and conflict The importance of safety and the power of community Self transformation and creating change The workbook also includes a Daily Anger Log a Self Reflection Tool and list of yoga poses that can have a calming effect on both body and mind Participants may already recognize the effects of anger on their lives and that it may even be affecting their health Through the Beyond Anger and Violence program and the exercises in this workbook they can join a group of women working to create a less violent world

Beyond Anger Management Edward Daube, Ph.d.,2016-02-21 Beyond Anger Management Master Your Anger as a Strategic Tool is an easy to understand guide which picks up where typical anger management books end It explains what your anger is and why you have it and shows you how to identify and master your anger Beyond Anger Management Master Your Anger as a Strategic Tool empowers you to apply your anger as a strategic tool to improve your life and your relationships You will learn how to know when your anger isn t genuine but is covering over other feelings as well as how to deal strategically with someone else s anger directed at you Beyond Anger Management Master Your Anger as a Strategic Tool is for you if feel your anger controls you and you want to learn how to master and strategically apply your anger This guide is also for you if you want to learn to effectively deal with others whose anger controls them **Anger Ken** Miramont,2015-01-05 Learn Effective Techniques to Reduce Your Anger and Control Your Emotions Does your temper force you into uncomfortable situations always putting you on the edge of losing control of yourself Does life have your frustrated and depressed with things not going right at work at home or at school Do you feel like you have no way to address your emotions a way to release them before they build up to the boiling point Do you avoid activities afraid that your anger will get the best of you that it will embarrass you For years I struggled with my temper Little things in my daily life would set me off often without any warning Often after my outbursts I would feel embarrassed and that I had failed I struggled with being able to even liked myself One day I decided I needed to change I needed to get in control of my anger and move beyond it I decided I deserved a better life a happier life After years of learning anger management techniques of talking to doctors of learning and supporting and talking to others like myself I finally developed effective techniques in curbing my anger Now I spend my time helping others overcome their anger issues to help them finally lead a life free from anger Imagine what it

would be like to feel in control of your emotions to not have to worry and stress about having outbursts at the worst possible times Stop suffering and start living again by reading *Anger A Guide to Learning to Love Yourself and Move Beyond Anger* and discover a life filled with hope and enjoyment rather than fear and anger **Beyond Violence** Stephanie S.

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