



Letting Go of Anger: The Eleven Most Common Anger Styles And What to Do About Them

By Ronald Potter-Efron, Patricia Potter-Efron

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A Guide to Healthy Anger Expression

How do you express your anger? Do you blow up? Quietly seethe? Or do you try to pretend that you're really not angry at all and just hope the feelings will go away? Most of us express anger in more than one way, but we also tend to be creatures of habit, falling back on a few predictable styles when we feel angry. Unfortunately, while some styles are appropriate in some situations, others are not—and consistently using an inappropriate style is a sure way to find yourself saddled with a huge anger problem.

This book examines the eleven most common styles of anger expression and helps you learn how to communicate your anger in healthy ways. Learn which anger styles work for different situations—and which ones lead to certain disaster. Find out how to become more flexible and creative at expressing your anger. Once you understand the whole range of anger styles, you'll be able to better manage angry feelings and use your anger as a positive force for building a better life.

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Editorial Review

Review

The Potter-Efrons continue to capture the essence of anger through their anger styles. By understanding the eleven anger styles and how they relate to each of us in a personal way, we gain insight that can unlock our own chains of anger. The Potter-Efrons have generously provided the tools to help break away from the most hardened of anger styles. Their guidance and experience will give each of us the opportunity to begin our journey on a path towards emotional freedom.

—V. William Blount, MS, author of *Healthy Anger*

From the Publisher

A revised and updated edition from best-selling anger management author Ronald Potter-Efron, this book identifies the eleven most common anger patterns and offers step-by-step help for overcoming them

About the Author

Ronald T. Potter-Efron, MSW, PhD, is a psychotherapist in private practice in Eau Claire, WI, who specializes in anger management, mental health counseling, and the treatment of addictions. He is the author of *Angry All the Time* and *Stop the Anger Now* and coauthor of *The Secret Message of Shame* and *Anger, Alcoholism, and Addiction*.

Patricia S. Potter-Efron, MS, is a clinical psychotherapist at First Things First Counseling Center in Eau Claire, WI. She is coauthor of *Letting Go of Shame* and *The Secret Message of Shame*, as well as several professional books on anger and shame.

Users Review

From reader reviews:

Ian Coghlan:

Spent a free the perfect time to be fun activity to perform! A lot of people spent their sparetime with their family, or all their friends. Usually they accomplishing activity like watching television, about to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Can be reading a book might be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to consider look for book, may be the guide untitled *Letting Go of Anger: The Eleven Most Common Anger Styles And What to Do About Them* can be great book to read. May be it can be best activity to you.

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Thomas Hill:

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Sean Rusin:

What is your hobby? Have you heard that question when you got pupils? We believe that that concern was given by teacher to their students. Many kinds of hobby, Everybody has different hobby. And you also know that little person just like reading or as looking at become their hobby. You should know that reading is very important in addition to book as to be the thing. Book is important thing to provide you knowledge, except your own personal teacher or lecturer. You will find good news or update in relation to something by book. Amount types of books that can you choose to adopt be your object. One of them are these claims Letting Go of Anger: The Eleven Most Common Anger Styles And What to Do About Them.

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