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Managing Anger and Irritation: A Toolkit for Men (Paperback)

By Kim Richardson

Stroud Counselling, United Kingdom, 2010. Paperback. Book Condition: New. 234 x 190 mm. Language: English . Brand New Book ***** Print on Demand *****.Product Description Anger is associated with a range of mental, physical and social problems, including depression, self-harm, strokes, heart disease, stress, social withdrawal and relationship problems. For men in particular, anger can result in aggressive behaviour. Men are less able to recognise and talk about angry behaviour in themselves or others, even though they are much more likely to worry about the strength of their angry feelings. (Boiling Point , Mental Health Foundation report, 2008) Yet anger itself may not be the problem, as it is a basic and vital human emotion. So how do we learn to recognise anger and express it in appropriate ways? Managing Anger and Irritation: A Toolkit for Men explains the cycles or patterns of behaviour that angry men can easily get into. It then presents the tools that you can use to turn those cycles round. Whether you are stressed, depressed, unassertive or just plain overreactive, the emphasis is on taking effective action, based on sound and helpful thinking patterns. By doing this you will soon gain a sense of...



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