



Rage: A Step-by-Step Guide to Overcoming Explosive Anger

Ronald Potter-Efron

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Powerful Tools for Overcoming Extreme Anger

Do you or someone you care about experience episodes of extreme and unpredictable anger? Intense rages that threaten relationships, jobs, property-or worse? The first thing you need to know is that you are not alone. Researchers estimate that some 7 percent of Americans may at some time experience a condition called intermittent explosive disorder (IED), which is characterized by reoccurring periods of extraordinary anger, and millions more have less frequent yet equally damaging experiences with rage. The second thing you need to know is that there is help.

Rage can be calmed and controlled with good advice and a practical, effective plan for change. From renowned anger expert Ronald Potter-Efron, this book breaks down rage into four types: In survival rage, anger is triggered by a sense of danger or threat; feelings of helplessness can trigger impotence rage; the third type, abandonment rage, is triggered by a fear of losing a cherished relationship; and shame rage occurs when someone feels very disrespected. Rage briefly discusses how the brain functions during extreme emotion, and then it turns to the task of helping you stop episodes of rage-right now! In classic Potter-Efron style, the book places the responsibility for control squarely on the shoulders of the angry individual. There is no room in this dangerous situation for whys and becauses. Instead, **Rage** offers no-nonsense, step-by-step anger management tools that really work.

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Playing with family within a park, coming to see the water world or hanging out with close friends is thing that usually you could have done when you have spare time, in that case why you don't try point that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Rage: A Step-by-Step Guide to Overcoming Explosive Anger, you may enjoy both. It is good combination right, you still desire to miss it? What kind of hangout type is it? Oh can happen its mind hangout men. What? Still don't get it, oh come on its called reading friends.

Virginia McNally:

In this era globalization it is important to someone to obtain information. The information will make you to definitely understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of recommendations to get information example: internet, magazine, book, and soon. You can see that now, a lot of publisher in which print many kinds of book. The book that recommended for you is Rage: A Step-by-Step Guide to Overcoming Explosive Anger this guide consist a lot of the information on the condition of this world now. That book was represented how does the world has grown up. The language styles that writer use to explain it is easy to understand. The actual writer made some investigation when he makes this book. Honestly, that is why this book suitable all of you.

Dennis Mock:

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