



Getting Over Getting Mad: Positive Ways to Manage Anger in Your Most Important Relationships

Judy Ford

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With society increasingly held hostage to stress, conflict, and violence, the issue of anger is getting lots of attention. Couples, families, schools, and workplaces are all focusing attention on anger and how to effectively deal with it. In contrast to books that analyze the causes of anger or discuss the issue on a societal level, *Getting Over Getting Mad* provides us with inspiration and suggestions for making positive changes in ourselves and our relationships. The book's primary emphasis is on prevention, encouraging us to deal with stress, frustration, tantrums, and annoyances quickly, before these disturbances sour feelings and burn bridges. The book also gives concrete suggestions for handling anger in ongoing difficult situations, and chronicles the author's own experiences as a therapist and workshop leader.



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