



When Anger Hurts: Quieting the Storm Within

Matthew McKay, Peter D. Rogers, Judith McKay

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A major revision of the best-selling classic — a quarter of a million copies sold.

This new edition of *When Anger Hurts* is a complete, step-by-step guide to changing habitual anger-generating thoughts while developing healthier, more effective ways of meeting your needs. It includes new chapters on emergency anger control, the interpersonal and physiological costs of anger, road rage, and parental anger.

- Discover how to create your own personal intervention strategy for controlling angry impulses
- Recognize anger-triggering thoughts and learn ways to challenge them
- Learn how to control anger-generating stress
- Recognize the early warning signals of anger and find out how to cool down before things get really hot

When you work through the exercises and lessons in this book, you will immediately see positive change in every aspect of your life.



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