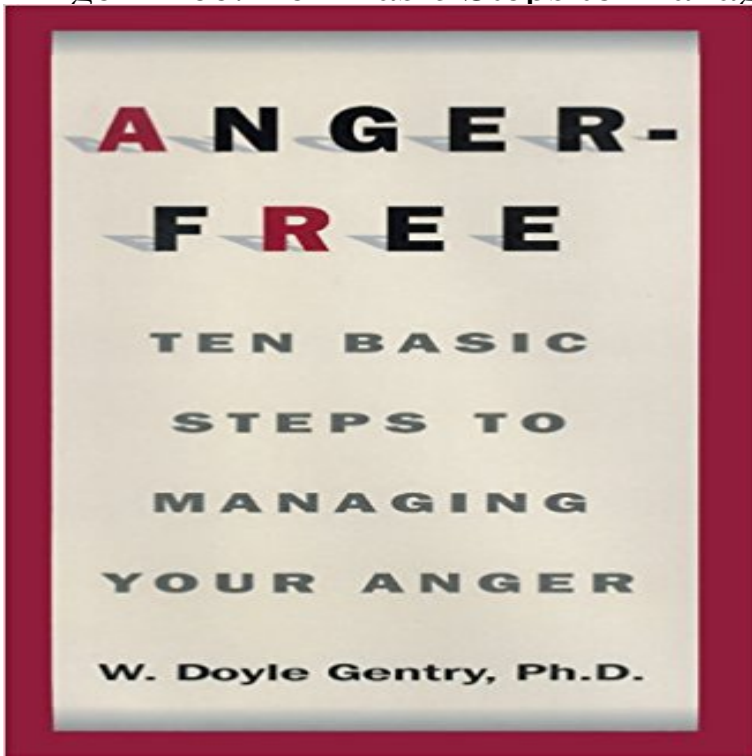


Anger-Free: Ten Basic Steps to Managing Your Anger



Are you consumed by rage? Do you seethe and simmer, slam doors, or scream at people? Is so, you may be one of the millions afflicted with high-intensity, high-frequency, long-lasting toxic anger, a debilitating disorder that can destroy your job, your relationships, and even your health. Anger-Free offers a simple mind/body approach to alleviating dysfunctional anger. Drawing on three decades of professional and personal experience, Dr. W. Doyle Gentry presents a fresh perspective on anger management with clinically tested methods that draw on the psychobiological elements of toxic anger and far surpass the commonly prescribed therapy to hold it in or let it out. In his easy-to-understand ten-step program, Gentry provides self-assessment inventories to test anger levels, offers case histories as learning tools, outlines the pitfalls of anger management, and sets realistic goals to overcoming the toxic behavior. Complete with positive exercises to promote healthy, lasting change, Anger-Free delivers effective methods to master your anger successfully -- without professional therapy.

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