

Date:

Anger & Assertiveness

1.3 

Title: **Managing Anger**

Author(s): **Lindenfield**

Publisher: **Thorsons**

Year: **2000** ISBN: **0007100345**

Anger &
Assertiveness 1.3

Written for those who would like to improve the way they cope with anger, this easy-to-read book describes simple steps to help the reader deal with frustration and threat.

With the help of exercises and case examples it explains about:

- Anger and the effects it has on people's minds and bodies
- How the reader can manage their own anger and learn to express feelings in an appropriate and skilful way
- How to deal with other people's anger
- Preventative strategies for oneself and others

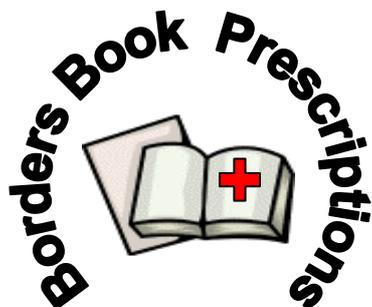
(188 pages)

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