



Managing Anger with CBT For Dummies

By Gillian Bloxham

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Managing Anger with CBT For Dummies By Gillian Bloxham

Defuse your anger with CBT

Cognitive Behavioural Therapy (CBT) is a hugely popular self-help technique, which teaches you how to break free from destructive or negative behaviors and make positive changes to both your thoughts and your actions. This practical guide to managing anger with CBT will help you to understand your anger, identify solutions to your problems, and maintain your gains and avoid relapse.

This concise, user-friendly guide provides focused advice on defusing anger using proven CBT techniques. You'll discover how to keep your anger under control and identify the negative thought processes that lead to angry outbursts.

- Shows you how to use CBT to help you react positively to frustrating situations
- Helps you learn to assert yourself effectively without losing your temper
- Gives you tried-and-true CBT techniques to let go of unhealthy anger

If you're struggling with anger management, *Managing Anger with CBT For Dummies* gives you the tools you need to keep your cool and live a happier, more balanced life.

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Editorial Review

From the Back Cover

Learn to:

- Cool down your angry thinking and manage your emotions
- Understand the consequences of angry behaviour
- Implement change for a happier, more balanced life

Don't let anger rule your life – learn powerful, easy-to-use techniques for putting anger in its place

Do you worry that excessive or out-of-control anger is getting in the way of your happiness and success? Written by a Chartered Psychologist, this book arms you with a proven, NHS-approved Cognitive Behavioural Therapy (CBT) approach to nipping anger in the bud and getting on with your life. You'll learn how to use focussed CBT techniques for understanding your anger and its sources, identifying 'trigger situations' that lead to excessive or out-of-control anger, and for replacing angry, destructive patterns of thought and behaviour with positive, constructive ones.

- Understand what anger really is – get the lowdown on this very primal emotion and why you experience it, and learn the difference between useful anger and anger run wild
- Manage your anger – learn proven CBT techniques to help you become more aware of your negative angry behaviour, and enable you to make the changes you need for a happier life
- Keep your cool – get comfortable in your new skin, avoid falling back into your old, angry habits, and find out how to get support if you feel yourself slipping

Open the book and find:

- What CBT is and why it works
- How to be objective about your anger
- Guidance on identifying the situations that trigger anger
- Powerful techniques for reprogramming your angry thinking
- Tips for avoiding relapse
- Where to go for support
- How to deal with anger from other people

About the Author

Gill Bloxham is a Chartered Psychologist and an Associate Fellow of the British Psychological Society. She teaches university courses to a variety of charity organisations, such as MIND, and to non-health agencies, including the police and local government.

Users Review

From reader reviews:

Lucia Morrone:

The book Managing Anger with CBT For Dummies give you a sense of feeling enjoy for your spare time. You need to use to make your capable more increase. Book can to become your best friend when you getting strain or having big problem with your subject. If you can make looking at a book Managing Anger with CBT For Dummies to get your habit, you can get more advantages, like add your capable, increase your knowledge about a number of or all subjects. You could know everything if you like open up and read a book Managing Anger with CBT For Dummies. Kinds of book are several. It means that, science book or encyclopedia or some others. So , how do you think about this guide?

Shanika Jeans:

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Myron Abbott:

Managing Anger with CBT For Dummies can be one of your beginning books that are good idea. All of us recommend that straight away because this book has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The writer giving his/her effort to put every word into enjoyment arrangement in writing Managing Anger with CBT For Dummies however doesn't forget the main stage, giving the reader the hottest and also based confirm resource details that maybe you can be among it. This great information can drawn you into brand new stage of crucial thinking.

Brenda Carey:

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