



Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life

Thomas J. Harbin

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Men tend to express their anger differently than women do. Research shows men are often more violent and less willing to confront and deal with their emotions than women. Written by a psychologist who specializes in the treatment of male rage, *Beyond Anger* shows the angry - and miserable - man how to change his life and relationships for the better. This book helps men understand their anger by explaining what the specific symptoms of chronic anger are and by showing angry men how their actions negatively affect family, friends, and coworkers. It helps men control violent feelings by using simple exercises - developed especially for men - to identify when and why anger occurs and by helping them form new habits to prevent anger before it starts. Women, too, will learn essential strategies for understanding and helping the angry men in their lives. *Beyond Anger* is honest, tough, and real.

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From reader reviews:

Mindy Martinez:

A lot of people always spent their free time to vacation or maybe go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity this is look different you can read any book. It is really fun for you. If you enjoy the book that you read you can spent the whole day to reading a publication. The book Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life it is extremely good to read. There are a lot of people who recommended this book. They were enjoying reading this book. In the event you did not have enough space bringing this book you can buy the e-book. You can more simply to read this book from the smart phone. The price is not too expensive but this book offers high quality.

Kevin Kennard:

People live in this new morning of lifestyle always try and and must have the time or they will get great deal of stress from both daily life and work. So , once we ask do people have free time, we will say absolutely yes. People is human not really a robot. Then we ask again, what kind of activity are there when the spare time coming to a person of course your answer will unlimited right. Then ever try this one, reading ebooks. It can be your alternative inside spending your spare time, the book you have read is usually Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life.

James Roberts:

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