

[PDF] The Anger Control Workbook

Matthew McKay, Peter Rogers - pdf download free book



Books Details:

Title: The Anger Control Workbook
Author: Matthew McKay, Peter Rogers
Released: 2000-12-30
Language:
Pages: 160
ISBN: 1572242205
ISBN13: 978-1572242203
ASIN: 1572242205

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Description:

Review

The Anger Control Workbook "...carefully and clearly shows how feelings of anger rip up people's guts, destroy their relationships, and have many other disadvantages...Indicates how readers can constructively work—and keep working—to minimize anger and rage...Includes many exceptionally useful and practical self-help techniques and exercises. A fine workbook!"

—Albert Ellis, Ph.D., President, Albert Ellis Institute, New York, and author, *A Guide to Rational Living*

"In *The Anger Control Workbook*, the reader learns by showing and telling...by rehearsing, trying out, and modifying. Delightfully, it addresses issues sometimes overlooked in self-help material...why anger is hard to give up and reasons why change may be difficult. McKay and Rogers provide a clear, concise, highly readable and user-friendly book on personal anger reduction. A good book to become a scuffed-up friend in the continued efforts at anger reduction."

—Jerry Deffenbacher, Ph.D., Anger Researcher, professor, Dept. of Psychology, Colorado State University, Fort Collins

"...anyone reading this book and working the exercises will certainly develop the skills with which they can really control their anger and live happier lives. A job well done that helps people cope with the frustrations of day to day life."

—Dr. Ronald T. Potter-Efron, Ph.D., author, *Letting Go of Anger*, *Angry All the Time*, and *Working Anger*

About the Author

Matthew McKay, PhD, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including *The Relaxation and Stress Reduction Workbook*, *Self-Esteem, Thoughts and Feelings*, *When Anger Hurts*, and *ACT on Life Not on Anger*. He has also penned two fiction novels, *Us* and *The Wawona Hotel*. McKay received his PhD in clinical psychology from the California School of Professional Psychology, and specializes in the cognitive behavioral treatment of anxiety and depression. He lives and works in the Bay Area.

Peter Rogers, PhD, was the administrative director of Haight Ashbury Psychological Services. He was the coauthor of **When Anger Hurts**, **The Divorce Book**, **The Anger Control Workbook**, and **The Community Building Companion**.

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