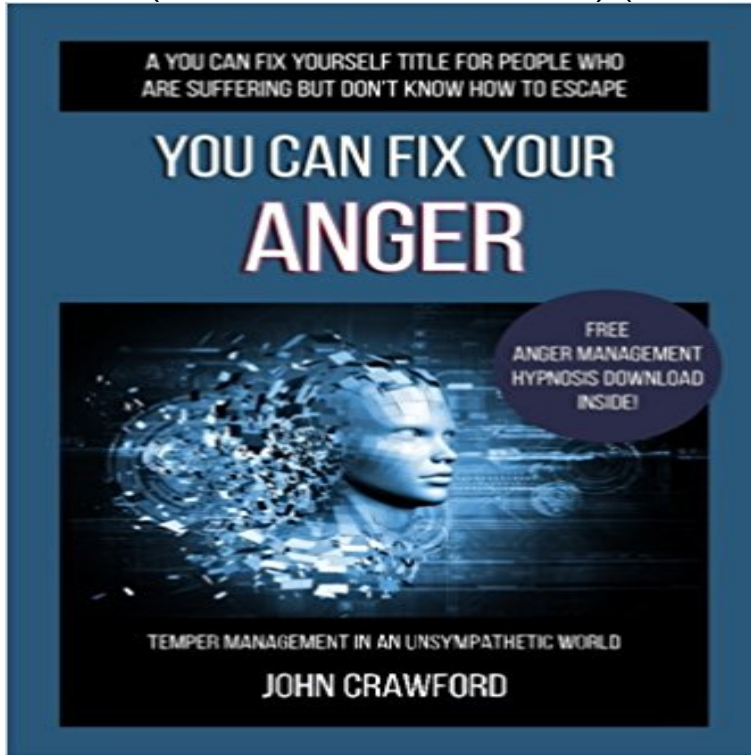


You Can Fix Your Anger: Temper Management In An Unsympathetic World (You Can Fix Yourself) (Volume 2)



You Can Fix Your Anger is the second book in the You Can Fix Yourself series of books by John Crawford, an ex-professional therapist with over thirteen years of experience in helping people to resolve their stress-related mental and emotional difficulties. This is a book for people looking for help with anger management, but as is usual, this is not simply a book of therapeutic exercises. Instead, you'll learn exactly why anger exists, and the many reasons that it can be triggered inappropriately. In particular, there is deep focus here on the role the subconscious mind plays in maintaining chronic anger. John leads us to understand why it's not simply a matter of willing yourself to be less angry. While those subconscious triggers remain in place you'll be fighting a huge uphill battle. Instead, we are led towards deeper solution, and encouraged to understand the reasons behind the anger. Once identified, John explains what is necessary in order to reclaim your true power and step away from attack as a form of defence, and implement healthy strategies for getting what you want and need. This is a book which recognises chronic anger as worthy of as much care and attention as anxiety or depression. While it stops well short of encouraging a victim mentality, and occasionally talks tough on the necessity of making changes, it offers genuine hope and caring to the lesser helped angry person. This book could really be the book which finally makes the difference for you, and your loved ones.

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