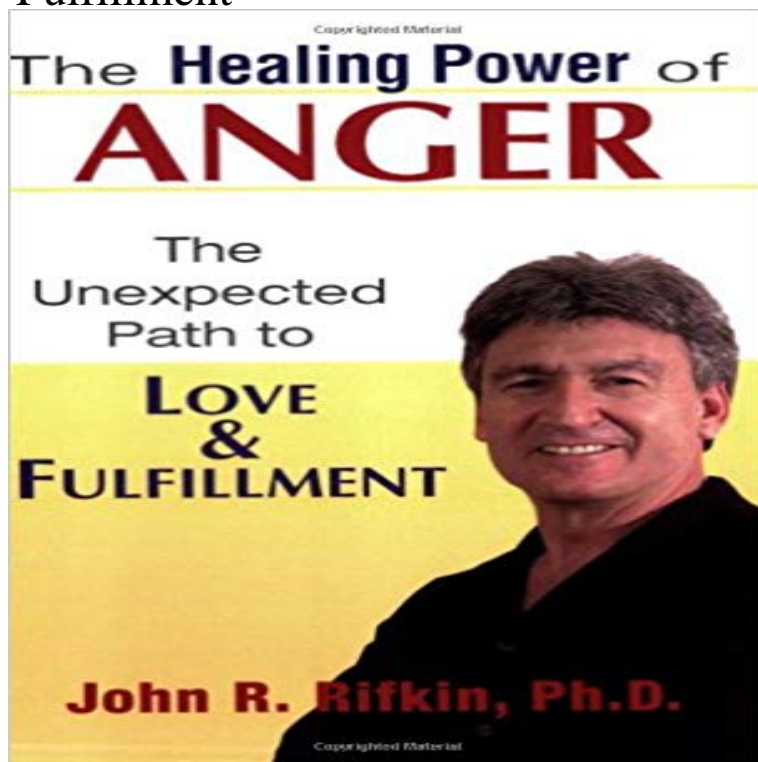


The Healing Power of Anger: The Unexpected Path to Love and Fulfillment



Conventional wisdom views anger as red-hot yelling and screaming, a force to be feared and repressed. But psychotherapist John Rifkin views anger in a revolutionary way -- as the natural energy created to heal ones emotional injuries. In *The Healing Power of Anger*, Rifkin explains how to identify dysfunctional uses of anger so that readers can unbend it and become empowered and self-nurturing. To do so, he explains his Stop, Drop, and Roll system, which he's used with clients for more than 20 years. In addition, Rifkin explores the childhood roots of anger, the spectrum of angry behavior, how anger can be a gift to a relationship, and ice-cold passive-aggressive anger.

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