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through the process of discovering your primary and secondary anger styles but provides the practical advice and emotional support you'll need to: Modify or transform an aggressive anger style Turn passivity into assertiveness Recognize and

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modify passive-aggressive behavior Transform a projective-aggressive style Deal with other people' s anger Move beyond anger

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Synopsis "Honor Your Anger" is a clearly written, insightful look at a topic that concerns everyone. You can indeed learn to understand and manage your anger, and this book will show you how." -Robert Epstein, Ph.D., West Coast Editor, "Psychology Today", Director

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1. Even though you may not be clear at this point on what your specific anger style is, spend some time thinking about how the way you deal with your anger has affected your life. 2. Make a list of the negative physical, emotional, and behavioral consequences of

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the way you currently handle your anger.

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that concerns everyone. You can indeed learn to understand and manage your anger, and this book will show you how."--Robert Epstein, Ph.D., West Coast Editor, Psychology Today, Director Emeritus, Cambridge Center for Behavioral Studies, University

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Recognize and modify passive-aggressive behavior
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Move beyond anger

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