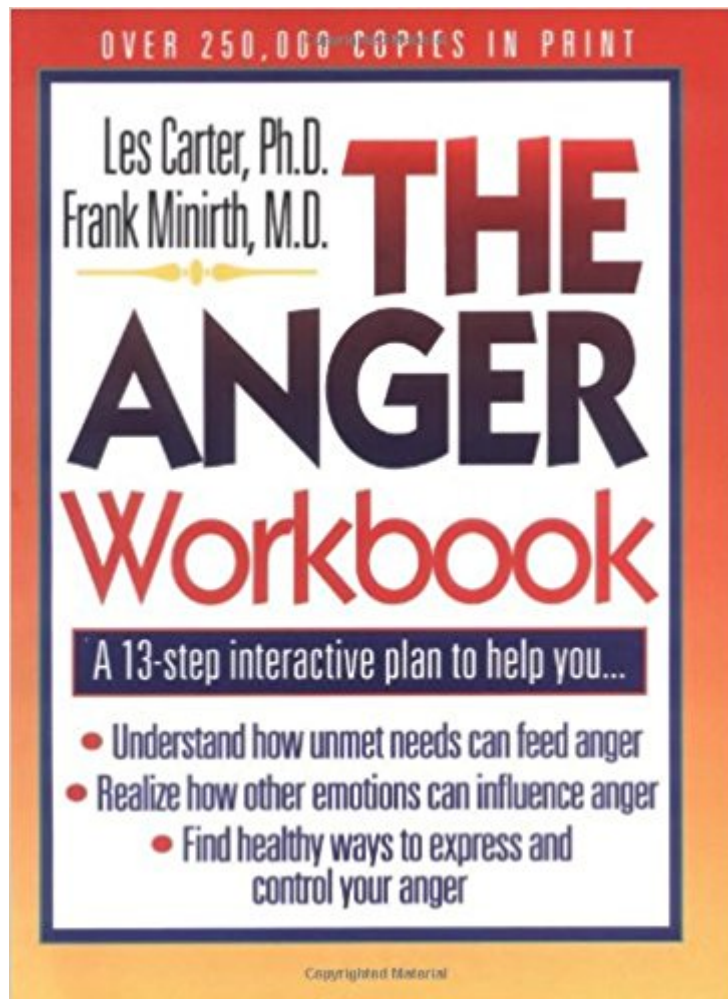


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# The Anger Workbook: A 13-Step Interactive Plan To Help You... (Minirth-Meier Clinic Series)



## Synopsis

Don't Let Anger Take Control! Most people stereotype anger by assuming that it always results in shouting, slamming fists, or throwing things. However, anger is not that one-dimensional. In fact, all of the statements below represent feelings of anger: When I am displeased with someone I shut down any communication and withdraw. I get very tense inside as I tackle a demanding task. I feel frustrated when I see someone else having fewer struggles and I. There are times when my discouragement just makes me want to call it quits. I can be quite aggressive in my business pursuits or even when just playing a game. We all deal with anger in our lives-whether it be in a subtle or violent manner. Being angry can involve such emotional expressions as frustration, irritability, annoyance, aggravation, blowing off steam, or fretting. The good news is anger can be managed. In *The Anger Workbook* Les Carter, Ph.D., and Frank Minirth, M.D., offer a unique 13-step interactive program that will help you: Identify the best ways to handle anger Understand how pride, fear, loneliness, and inferiority feed your anger Uncover and eliminate the myths that perpetuate anger- "Letting go of my anger means I am conceding defeat" or "No one understand my unique problems." Identify learned patterns or relating, thinking, and behaving in your life that influence your anger.

## Book Information

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Best Sellers Rank: #100,800 in Books (See Top 100 in Books) #56 in Books > Self-Help > Anger Management #278 in Books > Christian Books & Bibles > Christian Living > Dating & Relationships #621 in Books > Christian Books & Bibles > Christian Living > Self Help

## Customer Reviews

Readers who are not Christian or do not identify their sin nature with their internal problems (i.e. depression and anger) will not like nor appreciate this book. I, as a Biblical Christian, appreciate the

Biblical and godly approach taken to meet the needs of those who struggle with anger and its many forms. I would recommend this book to Christians and to non-Christians who are open to accepting Christ and the Holy Spirit's work in their life, as they seek God's guidance in managing their anger. If a person reading this book is not a Bible-believing Christian or open to that belief, this book is probably not for him/her.

This book changed the way i veiw anger. Yes, i am a bible believing Christian and this book does use the bible as a source of reference. I learned so much about my anger and the anger of others. It encouraged me and gave me tools to work with to choose to control my anger. I can't wait to read their next book! I also understand how to respond better to angry people. It is a real eye opener!

It is written in an easy to read doctor patient conversations with Biblical scriptures laced through to help you develope a relationship with your God (higher power). Other than your scriptures this a must read for us all, from those who hold frustrations, panic, depression, as well as those who are volitle. We can lean about all and how to bring them under control. Most importantly, it distinguishes between feeling angry and sinning, anger by itself is not a sin. What a releaf! I cannot recommend it enough I am buying lots for xmas and we're doing a family read time chapter a day. For those of us who get SICK and hold it all in, it is truely a spriitual and physical release!

I purchased this book quite a few years ago. That was the beginning of learning to control my anger. Note I use the word control, not eliminate my anger. I finally learned why I get angry and react the way I do. I learned anger is not a bad thing--it's just the way you express it that can cause you such hardship. I really appreciate the Christian perspective this book offers. It has blessed me to use the information in this book. It has been about 6 years since I read the book and I can honestly tell you the information, counseling, and techniques really have worked. I highly recommend this book for anyone struggling with anger. There is hope to learn about it, understand why you do it, thus having control of it rather than it having control of you.

I turned to the Minirth-Meier series due to familiarity with them. I intentionally chose a book by Christian counselors. While even for me the book was a bit trite at times, its ability to force me into self-examination was very helpful. Through examples, questions and "Do you react in the following ways" type checklists I was able to see myself more clearly, and see the damage I was doing to my family. It helped me identify my emotional "triggers" and find realistic ways to manage and forsee

situations that might set me off. Contrary to other reviews, I would not characterize the approach as simply "give it over to God". No, Carter and Minirth squarely placed the responsibility for change at my feet where it belongs, and helped me to see how to begin making the change.

This book is especially helpful to those who are trying to follow (or find) Christ and work through their anger. As for the reviewers who say there is no warning about it being Christian, says this: "From doctors nationally known in the field of Christian counseling" right in their editorial review. This book helped me through some very harsh anger problems and is a great tool to have. Highly Recommended!

I worked my way through this workbook 10 years ago and it completely changed my life and my marriage. I had some real anger and acting-out problems; and this book was a huge part of the solution. This God-centered treatment book has real and lasting solutions. Definitely worth the money!

The book does have many religious concepts and examples, which can be taken from this book as one of many approaches to dealing with your problems. But this book offers much more than religious answers. I wouldn't say that this book was a life altering experience that has remedied all my ills, but there is a wealth of knowledge for understanding your emotions and building a personal strategy for dealing with the world more productively. Even excluding the religious passages, the book still accomplishes this. I recommend this book to anyone that has ever been angry or angered someone else. Everybody should read this.

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