



Thirty-Minute Therapy for Anger: Everything You Need to Know in the Least Amount of Time

Ronald Potter-Efron and Patricia S. Potter-Efron

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Anger fills us with adrenaline, but can also cloud our thinking--a combination that tends to get us into trouble. In 30-Mintue Therapy for Anger, you'll learn proven-effective skills developed by therapists for helping people process and control their anger instead of lashing out at others. These conflict-defusing techniques will help you "cool down" anger so that you can respond calmly and effectively, even in life's most aggravating situations.

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