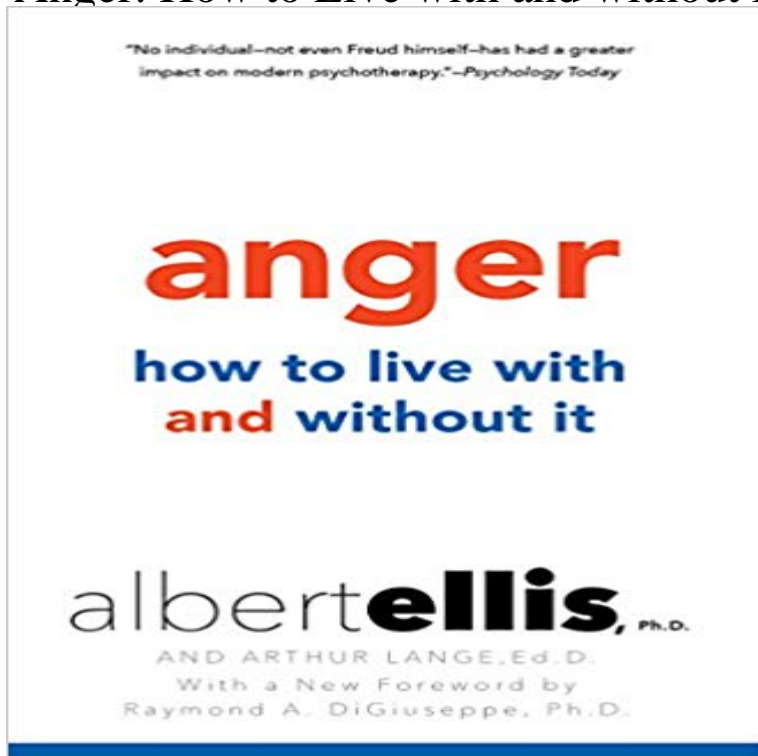


Anger: How to Live with and without It



With a New Foreword by Raymond A. DiGiuseppe, Ph.D. CLASSIC SELF-HELP FROM A RESPECTED PIONEER OF PSYCHOTHERAPY Anger. Its one of our most basic, and often most destructive, human emotions. And in todays world, its a constant, escalating force, from road rage to domestic abuse, from teen violence to acts of terrorism. More than ever we need effective ways to live with it, understand it and learn to deal with it. This landmark book from world-renowned psychotherapist Dr. Albert Ellis, creator of Rational Emotive Behavior Therapy (REBT), shows you how. Presented in a simple step-by-step program that anyone can master, the proven, time-tested principles of REBT teach you to manage and even eliminate anger, without sacrificing necessary assertiveness. Here youll discover: *What exactly is anger, and must you feel it? *How you create your own anger *Methods of thinking, feeling, and acting your way out of anger *Why holding on to anger is sometimes fun and how to let it go *How to use REBT to cope with tragic events that are far beyond our control and much more, including numerous real-world case studies, plus a comprehensive, critical analysis of the various approaches to this age-old problem. Whether at home or at work, in a personal or political context, this breakthrough approach will enable you to take control of the anger that can stand in the way of success and happiness.

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