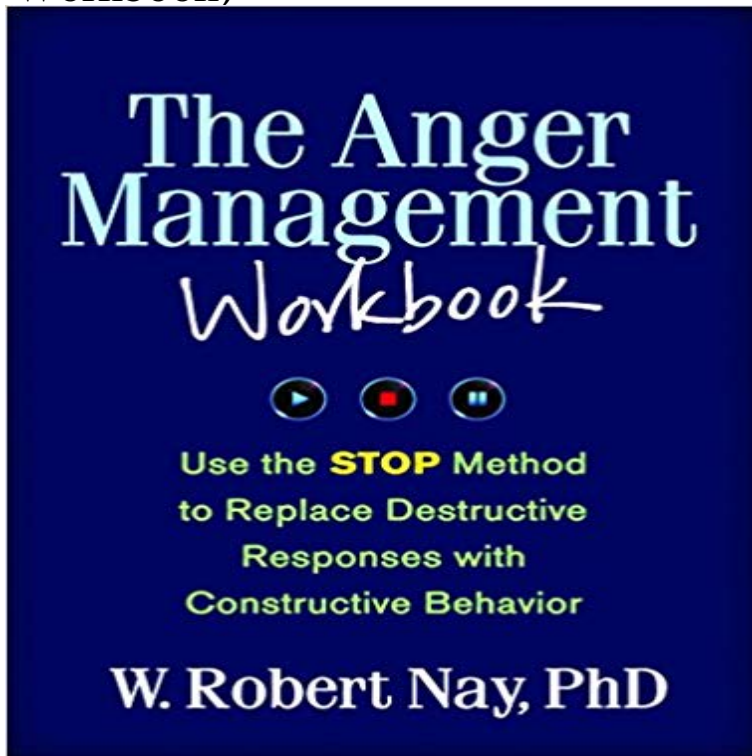


The Anger Management Workbook: Use the STOP Method to Replace Destructive Responses with Constructive Behavior (Guilford Self-Help Workbook)



Out-of-control anger can destroy relationships, reputations, careers--even your health. But Dr. Robert Nay knows from extensive clinical experience that nearly anyone can learn to manage anger constructively--with enough practice. That's where this skillfully crafted workbook comes in. Using step-by-step learning exercises based on state-of-the-art knowledge about how the brain works, you can break old habits and replace them with more productive new ones. Dr. Nays breakthrough STOP Method (Stop, Think, Objectify, and Plan) helps you:

- *Understand how anger flares up in your brain and body--and how you can lower the heat.
- *Identify the fleeting yet powerful thoughts that fuel destructive anger.

- *Replace aggression with appropriate assertiveness.
- *Effectively communicate your thoughts, feelings, and needs.

- *Defuse conflicts and find win-win solutions.
- *See how the strategies are applied in a wealth of realistic scenarios.

While working through the books simple checklists and fill-in-the-blank forms (you can download and print additional copies as needed), you'll be building real skills to apply in everyday life. When anger gets in the way of your personal goals, this book provides a blueprint for change. See also Dr. Nays Taking Charge of Anger, Second Edition, which helps you understand and manage destructive anger in all its forms, and Overcoming Anger in Your Relationship: How to Break the Cycle of Arguments, Put-Downs, and Stony Silences.

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