

# The Feminist Bookshop

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## ANGER MANAGEMENT

### **The Anger Busting Workbook**

*James Baker \$25.95*

Simple powerful techniques for managing anger and saving relationships. Book can be used alone, with a partner or with a therapist.

### **Transforming Anger**

*Doc Childre \$24.95*

Looks at links between anger and heart attacks, and how to change the negative effects of anger.

### **Everyone Can Win**

*Helena Cornelius & Shoshana Faire \$24.95*

Responding to conflict constructively. Completely revised and updated 2<sup>nd</sup> edition from three generations of the Cornelius family.

### **Dealing With Anger**

*Frank Donovan \$24.95*

Self-help solutions for men whose anger drives them to violence. Focuses on emotional healing, behaviour control and practical change.

### **Overcoming Anger**

*Windy Dryden \$23.95*

Draws a distinction between healthy and unhealthy anger, when it helps and when it hurts.

### **Beating Anger**

*Mike Fisher \$24.95*

Practical plan for dealing with rage from an anger management consultant.

### **Anger Management Workbook**

*William Fleeman \$29.95*

Practical workbook from Pathways To Peace Series, treats chronic anger as an addiction.

### **The Angry Self**

*Miriam Gottlieb \$55.00*

A workbook designed to be used by the client. Contains a comprehensive approach to anger management. Includes cognitive-behavioural strategies.

### **Anger Busting 101**

*Newton Hightower \$25.95*

New guidelines for angry men and the women who love them.

### **Overcoming Anger**

*Carol Jones \$27.95*

How to identify it, stop it, and live a healthier life. Don't let anger get the best of you.

### **Anger Management**

*Howard Kassinove & Ray Tafrate \$49.95*

Complete treatment guidebook for practitioners. Includes case examples, exercises, and easy-to-use client hand-outs.

### **Staying In Control**

*Millicent Kellner \$35.95*

Anger management skills for parents of young adolescents. Workbook style.

### **Angry Young Men**

*Aaron Kipnis \$30.95*

How parents, teachers, and counselors can help "bad boys" become good men. Looks at violence by and against boys and young men. A compassionate look at youth at-risk.

### **Facing The Fire**

*John Lee \$36.95*

One of our most popular books. A guide to experiencing and expressing anger appropriately.

### **The Anger Solution**

*John Lee \$32.95*

A method for achieving calm and developing healthy long-lasting relationships

### **Managing Anger**

*Gael Lindenfield \$26.95*

Simple steps to dealing with frustration and threat. Looks at the effects of anger on body and mind, how to keep calm when faced with outbursts, and at the effects of buried anger.

### **Dance Of Anger**

*Harriet Lerner \$29.95*

A woman's guide to changing the patterns of intimate relationships by managing anger wisely. A compassionate exploration of women's anger.

### **When Anger Scares You**

*John Lynch \$31.95*

How to overcome your fears of conflict, and express anger in healthy ways.

### **Playing With Fire**

*Fiona MacBeth \$34.95*

Creative conflict resolution for young adults.

### **When Anger Hurts**

*Matthew McKay et al \$29.95*

2<sup>nd</sup> Edition : Quieting the storm within. Helpful ideas from experts for practitioners working with family violence to reduce stress and anger.

### **When Anger Hurts Your Kids**

*Matthew McKay et al \$33.95*

Guide for parents on the damage of anger on families. Guide to modifying behaviour and learning new ways of communication.

### **The Anger Control Workbook**

*Matthew McKay & Peter Roger \$34.95*

Simple innovative techniques for managing anger and developing healthier ways of relating.

**Angry Women****Angry Men**

*Lynne McClure \$28.95 each book*

Separate books for women and men, practical workbook style. Stop letting anger control your life.

**Anger and Conflict in the Workplace**

*Lynne McClure \$29.95*

Spot the signs and avoid the trauma.

**The Ultimate Guide To Transforming Anger**

*Jane Middleton-Moz \$34.95*

Dynamic tools for healthy relationships, how to turn your anger round and transform your life.

**You And Stress**

*Bob Montgomery & Lyn Evans \$22.95*

How to develop new coping skills and a healthier lifestyle.

**Taking Charge Of Anger**

*Robert Nay \$30.95*

Step-by-step guide to look at anger, what happens when you lose it, and how to regain control. Learn early warning signs of anger.

**Helping Your Angry Child**

*Darlyne Nemeth et al \$35.95*

A workbook for children and families. Contains worksheets, fun puzzles and games to help with better communication. Anger management skills for children.

**The Anger Workbook For Women**

*Laura Petracek \$34.95*

How to keep anger from undermining your self-esteem, emotional balance, and relationships.

**Rage**

*Ron Potter-Efron \$29.95*

Step-by-step guide to overcoming explosive anger. Good advice and practical planning for change.

**Working Anger**

*Ron Potter-Efron \$28.55*

Preventing and resolving conflict on the job. Useful for supervisors and managers wanting a harmonious work place.

**Angry All The Time: Second Edition**

*Ron Potter-Efron \$26.95*

An emergency guide to control anger. How to change the life of an angry person. Strong practical advice and clear answers. How to avoid violence, blame and threats.

**Stop The Anger Now !**

*Ron Potter-Ephron \$34.95*

Workbook for prevention, containment, and resolution of anger.

**Handbook Of Anger Management**

*Ron Potter-Efron \$49.95*

Individual, couple, family, and group approaches to treatment of anger and aggression, for therapists and counselors.

**Letting Go Of Anger**

*Ron Potter-Efron \$31.95*

The most common anger styles and what to do about them. Second Edition

**When Anger Hurts Your Relationship**

*Kim Paleg & Matthew McKay \$33.95*

Simple solutions for couples who fight. Tools and strategies to reduce conflict, diffuse intense rages, and move beyond anger.

**Of Course You're Angry**

*Gayle Rosellini & Mark Worden \$35.95*

For people in early recovery from substance abuse, a guide to dealing with the emotions. For addicts as well as family and friends.

**Anger: The Misunderstood Emotion**

*Carol Tavris \$25.95*

One of the best books written on anger for a full understanding, and for useful strategies.

**Anger Management Books For Children  
Are On A Separate List**

*Prices can change without notice due to publisher increases beyond our control*