

### Free Yourself from the Grip of Anger and Get More Out of Life


It's not a new idea that men tend to express their anger differently than women do. Years of research have shown that men—for many different and complex reasons—are often more violent and less willing to confront and deal with their emotions than women. Now *Beyond Anger* shows the angry—and miserable—man how to change his life and relationships for the better.

Dr. Thomas J. Harbin helps men understand their anger by explaining what the specific symptoms of chronic anger are and by showing angry men how their actions negatively affect family, friends and co-workers. He offers simple exercises—developed especially for men—that will help men to control their violent feelings, identify when and why they get angry, and to form new habits to prevent anger before it starts. Women, too, will learn essential strategies for understanding and helping the angry men in their lives.

*Beyond Anger* is:


- **Honest.** Thomas J. Harbin has had to come to terms with his own anger problems, so he understands exactly what angry men are going through.
- **Tough.** The book doesn't let anyone off the hook. It demands that angry men learn.
- **Real.** The book includes the stories of angry men who have learned to recognize their problems and use the book's techniques successfully.

Free of fancy doctor talk and complicated theories, *Beyond Anger* talks to men in everyday language and provides a wealth of important resources. It is an invaluable guide for the many men struggling to come to terms with their inner battles and to take positive action, and for everyone who has an angry man in their life.



Thomas J. Harbin, Ph.D., is a clinical psychologist in private practice, specializing in the treatment of angry men. He has written numerous articles for scientific audiences and frequently speaks to groups on the topic of male anger. He lives in North Carolina and enjoys fly-fishing and woodworking in his spare time.

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## Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life

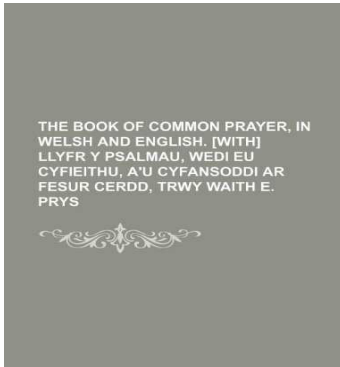
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## Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life

Men tend to express their anger differently than women do. Research shows men are often more violent and less willing to confront and deal with their emotions than women. Written by a psychologist who specializes in the treatment of male rage, *Beyond Anger* shows the angry - and miserable - man how to change his life and relationships for the better. This book helps men understand their anger by explaining what the specific symptoms of chronic anger are and by showing angry men how their actions negatively affect family, friends, and coworkers. It helps men control violent feelings by using simple exercises - developed especially for men - to identify when and why anger occurs and by helping

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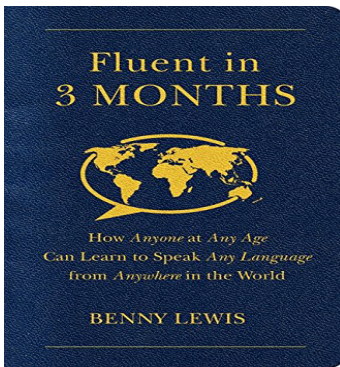
**The Book of Common Prayer, in Welsh and English. [With] Llyfr y Psalmu, Wedi Eu Cyfieithu, A'u Cyfansoddi AR Fesur Cerdd, Trwy Waith E. Prys**

This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1862 Excerpt: ...a christian life; remembering always, that Baptism doth represent unto us our profession; w

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**Reframing Evaluation Through Appreciative Inquiry**

Reframing Evaluation Through Appreciative Inquiry is the first book to introduce the application of Appreciative Inquiry (AI), an approach for organizational development and change, to the practice of evaluation. Authors Hallie Preskill and Tessie Tzavaras Catsambas lay out the theoretical foundati



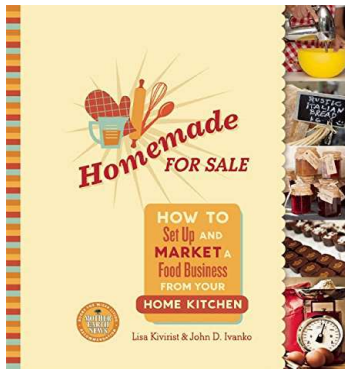
**Fluent in 3 Months: How Anyone at Any Age Can Learn to Speak Any Language from Anywhere in the World**

Benny Lewis, who speaks over ten languages—all self-taught—runs the largest language-learning blog in the world, Fluent In 3 Months. Lewis is a full-time "language hacker," someone who devotes all of his time to finding better, faster, and more efficient ways to learn languages.

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**Homemade for Sale: How to Set Up and Market a Food Business from Your Home Kitchen**

From farm-to-fork and "Buy Local" to slow food and hand-made artisan breads, more people than ever are demanding real food made with real ingredients by real people. Widely known as "cottage food legislation," over forty-two states and many Canadian provinces have enacted recent legislation



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**What others say about this ebook:**

**Review 1:**

This book was an eye opener. The author explains anger and management techniques in clear concise detail. It has helped me evolve into a better person.

**Review 2:**

It help me understand myself more. Thank you!

**Masterting other is Strenght**

**Master yourself is Power**

a quote by some old dude I forgot name

**Review 3:**

Fantastic product, Highly Recommend!!

**Review 4:**

A very helpful book to better understand what makes up tick.

**Review 5:**

Good book to help take the edge off.

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