



# **Taking Charge of Anger: How to Resolve Conflict, Sustain Relationships, and Express Yourself without Losing Control**

*W. Robert Nay Phd*

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If anger is starting to rule your life, or someone else has urged you to "get a grip--or else," anger expert Dr. Robert Nay has a six-step plan that can help you regain control, even in the most stressful, hot-button situations. This proven program shows you how to stand up for yourself without losing your temper. Put a lid on destructive anger once and for all with fine-tuned strategies that help you:

- \*Figure out which of the five "faces of anger" are a problem for you, from passive-aggression to all-out rage.
- \*Recognize the early warning signs of anger in your physical sensations and thoughts.
- \*Identify and change unrealistic expectations you have for yourself and other people.
- \*Communicate effectively when differences arise--with your spouse, family members, colleagues, or others.
- \*Practice anger-management skills alone and in public until they're second nature.

For anyone who needs help with anger, Dr. Nay's program is effective, easy to learn, and--unlike other methods--brings about lasting change.

See also Dr. Nay's *Anger Management Workbook: Use the STOP Method to Replace Destructive Responses with Constructive Behavior*, which helps you build core anger management skills using interactive exercises, and *Overcoming Anger in Your Relationship: How to Break the Cycle of Arguments, Put-Downs, and Stony Silences*.

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