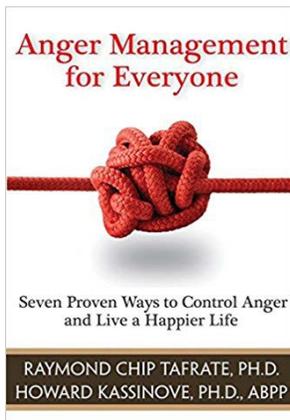


## BOOK REVIEW



### **Anger Management for Everyone: Seven Proven Ways to Control Anger and Live a Happier Life by Ramond Chip Tafrate and Howard Kassinove**

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**Reviewed by:**

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This book stands out as one of the best in its class especially when one looks at it from the perspective of a practising psychologist who straddle the twin worlds of business and the clinical realm. The book can give a lot of insight to a practising psychologist or a corporate trainer as well as executives in the corporate world who are compelled to deal with issues of their own aggression and the aggressive behaviours of their colleagues in demanding and competing situations that characterize today's business environment. Often counsellors and trainers are faced with issues while coaching executives who complain about becoming victims of their own aggression and anger and lose control or get stumped by reactions of colleagues and other organizational members who do not respect leadership, but comply due to fear of being reprimanded or other serious consequences where leaders can fire them and make them lose their jobs. Many a times the executives are not willing to take responsibility for their anger driven responses to pressures which inevitably is leashed out on other employees with less power and authority in the organizations. For such situations, this book comes as a boon since it provides answers to many of the above-mentioned problems which need to be addressed by professionals who are either counsellors or the leaders themselves desperately seeking solutions in anger management.

This book provides valuable insights about how to approach one's anger responses in two essential ways: one, it provides understanding of anger as a human emotion and also outlines seven ways in which anger can be

managed/readiness to change one's anger patterns can be built up to live a more peaceful and controlled life. In other words, it is an excellent book and can serve as a tool for those who would want to become aware about how their anger affects them and those around them and how to change all of this to be a more adjusted, controlled and acceptable individual in the final analysis.

The structure of this book is its plus point. It has been divided into three parts essentially, and in each part, there are chapters which make a logical flow and creates ease of understanding as one travels through the pages of the book.

**Part I: Anger Basics:** This section is neatly broken up into 3 chapters and gives a clear understanding of various aspects related to anger.

**Part II: Seven Proven Ways to Control Anger:** The seven chapters in this section identify various strategies and tactics, and provides specific examples on how people can control their anger, effectively. The illustrated methods are also supplemented by worksheets that can be copied and used in a variety of situations where anger might surface up and become problematic for an individual.

**Part III: Other Issues:** This final section includes two chapters that can be seen as follow up steps for continuously maintaining their anger management techniques in order to retain control over anger at most times.

Two chapters which deserve special mention in this book are chapter 7 on Forgiveness and Chapter 10 on Express Your Anger in an Assertive, Productive Way. While chapter 7 provides the illustrative benefits of 'forgiveness' a strategy and 'doing away with grudge', chapter 10 gives clear road signs and a path to productively convert negative energy and wastefulness to more productive usage of anger for getting positive results.

This book is, therefore, highly recommended for both therapeutic use by the professionals who counsel people in the area of anger management and need to provide specific guidelines in constructive anger management techniques and by those, who need to become more controlled individuals with regard to managing their anger, so as to learn how to unleash anger in a more desirable manner on their near and dear ones, and in their professional capacities in their workplaces.