



# **Stop the Anger Now: A Workbook for the Prevention, Containment, and Resolution of Anger**

*Ronald Potter-Efron MSW PhD, Ronald T. Potter-Efron*

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Do you have a hard time controlling your anger? Do certain situations or people make you so mad that you go into a rage every time you encounter them?

Well managing your anger is not only possible; it also doesn't have to be hard. Let anger expert Ron Potter-Efron show you how in three straight-forward steps you can prevent, contain, and resolve every angry outburst.

Stop hurting yourself, your loved ones, and your job when you:

- Learn what makes you angry
- Get hold of the anger when it flares up
- Take care of the frustration sin your life that keep your anger level high

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Spent a free time and energy to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Can be reading a book could be option to fill your no cost time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to try look for book, may be the e-book untitled Stop the Anger Now: A Workbook for the Prevention, Containment, and Resolution of Anger can be good book to read. May be it could be best activity to you.

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