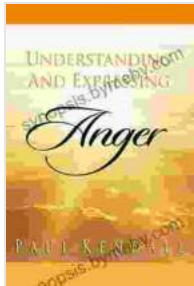


Understanding and Expressing Anger: A Comprehensive Guide to Managing Emotions



Understanding and Expressing Anger by Paul Kendall

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1604 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 14 pages
Lending	: Enabled



Anger is a complex and often misunderstood emotion. It can be destructive if not managed properly, but it can also be a valuable source of energy and motivation. In his groundbreaking book, *Understanding and Expressing Anger*, Dr. Paul Kendall provides a comprehensive guide to managing anger effectively.

Drawing on decades of research and clinical experience, Dr. Kendall explains the different types of anger, the factors that trigger it, and the physical and psychological effects it can have. He also offers a range of practical strategies for managing anger in healthy ways, including:

- Understanding your anger triggers
- Developing effective coping mechanisms
- Resolving conflicts peacefully

- Building healthy relationships

Understanding and Expressing Anger is an essential resource for anyone who wants to learn more about this powerful emotion and how to manage it in a healthy way. It is a valuable tool for mental health professionals, educators, and anyone who wants to improve their emotional well-being.

About the Author

Dr. Paul Kendall is a clinical psychologist with over 30 years of experience working with individuals and families struggling with anger management issues. He is the author of numerous books and articles on the topic, including *The Anger Management Workbook* and *The Mindfulness Workbook for Anger*.

Endorsements



“Dr. Kendall's book is a must-read for anyone who wants to understand and manage their anger. It is a comprehensive and practical guide that offers a wealth of valuable insights and strategies.” - Dr. David Burns, author of Feeling Good: The New Mood Therapy”

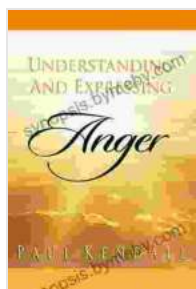


“This book is a game-changer for those struggling with anger. Dr. Kendall provides a clear and concise framework for understanding and managing this complex emotion.” - Dr. Dan Siegel, author of The Whole-Brain Child”

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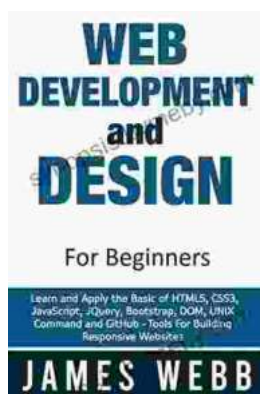
This book is available in paperback, hardcover, and audiobook formats.



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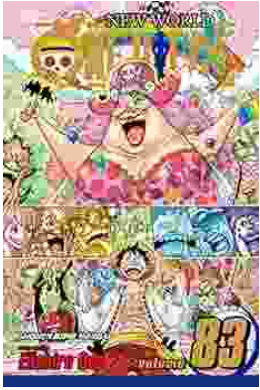
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