

## *Book Review*

### **ANGER MANAGEMENT FOR EVERYONE**

**10 PROVEN STRATEGIES TO HELP YOU CONTROL ANGER AND LIVE A HAPPIER LIFE**

**Raymond Chip Tafrate & Howard Kassinove, Impact Publishers, Oakland, CA 94609, 2019, ISBN 978-1-68403-227-3, Pages 255.**

One may think about his/her anger, or the anger of others, because it's time to do something about it. In any case, there's a good chance that anger is something which can't be ignored any longer. Angry behavior may be scaring the people loudly putting them down, make demands of, or threaten with bodily gestures. And if an individual looks honestly at him/herself, he/she may be alarmed when he/she think about his/her own excessive reactions, and about where anger is likely to lead him/her next. How does anger show itself in someone's life? The authors suggested the ways how to think constructively about such circumstances and how to respond to them constructively as well.

Part 1 of the book explains "Anger Basics". It contains information intended to help an individual understand his/her anger and prepare to change. It explains that anger is an emotion – something an individual primarily feels inside his/her body – that can energize him/her to take constructive or destructive action. Anger episodes follow a predictable six-step pattern: trigger, thoughts, experience, action urge, expression, and outcomes. The most common trigger for anger is the undesirable behavior of people an individual know well and like or love. Increasing awareness and understanding of anger episodes is an important first step toward controlling your anger. The big mistake is to focus exclusively on the bad behavior of others while ignoring the more important question of whether anger is working to make life better.

Part 2 of the book explains "Changing Anger Triggers". It presents the strategies for bringing anger under control. A pleasant environment filled with calming music, nice smells, soothing colors, and natural or full-spectrum lighting will make the world seem more appealing and allow dealing more effectively with conflict, rejection, disappointment, and other sources of discomfort. The way of approaching the social problems sets the stage for conditions in life to improve, get worse, or stay the same. Positive social problem solving is characterized by an optimistic, patient, careful approach to facing difficulties, and it includes seeing problems as challenges to be met. The steps of social problem solving are to clearly identify the problem and come up with potential solutions (that is, outline the problem in concrete terms and generate a menu of options); to assess the probable outcomes of each potential solution (that is, to consider both short and long-term outcomes); to select the best solution and put it into practice (that is, pick the best course of action from that menu); and to evaluate your solution (that is, learn and grow as you make your choices).

Part 3 of the book explains "Changing Thoughts That Lead to Anger". Thoughts are products of personal history and learning, and so thinking isn't the gospel truth and may not always be accurate, realistic, or helpful. One should refrain from highly negative ratings of other people. Instead, describe others' specific behavior and resist the urge to jump to negative and distorted conclusions about the actions of others. Instead, consider alternative explanations. Thoughts are not reality. Values represent large-

*Sima Kumari, Pratistha and Poojan Bathla*

scale life directions that require continuous attention across a lifetime. It's important to review the values and clarify which ones are most important. When an individual commit him/herself to actions that are consistent with his/her values and your highest priorities in life, those actions will improve and enrich life over time. There are many other activities – breathing deeply, exercising, spending time in nature, getting a professional massage, and so on – that can help to experience how it feels to be relaxed and then learn to use relaxation response as work on overcoming normal, automatic tendency to become angry and aggressive when one feels threatened.

Part 4 of the book explains “Changing Internal Anger Experiences”. It discusses the role that relaxation and a meditative state of mind can play in helping an individual to calm his/her anger and how deliberate and repeated exposure to anger-provoking situations may be some of the best medicine for maladaptive anger. Exposure technique helps in directly facing the people, situations, and words that instigate anger. Exposure techniques can be used in imagination, in connection with verbal barbs, and in real-life situations. Exposure techniques, used properly, give confidence that one can tolerate difficult people and situations without reacting angrily.

Part 5 of the book explains “Changing Anger Expression”. It highlights the strategies for improving social and interpersonal skills and expressing oneself in a more effective, assertive way. Most anger occurs between people. Therefore, learning to be more effective in interactions with others will go a long way toward helping to reduce the anger and live a happier life. An effective interaction involves awareness of the body language (including facial expressions, gestures, and posture) as well as use of eye contact and interpersonal space. Assertive means expressing thoughts and feelings directly, honestly, and appropriately; standing up for what an individual wants; and negotiating mutually desirable solutions with others. It requires being thoughtful about the balance between what an individual wants and what the other person wants.

Part 6 deals with “Other Issues”. It focuses on options to consider if anger continues to be a problem for an individual and on how to use strategies from the field of positive psychology to live a more vibrant, joyful life.

Overall, it can be concluded that frustration, misfortune, unfairness, and disappointment are circumstances that occur in everyone's life, but they do not have to lead to anger or aggression. This book is helpful to think constructively about such circumstances and how to respond to them constructively as well. It is great pleasure with which we have recommended this book as a must read book.

***– Professor Sima Kumari, Pratistha, and Poojan Bathla***