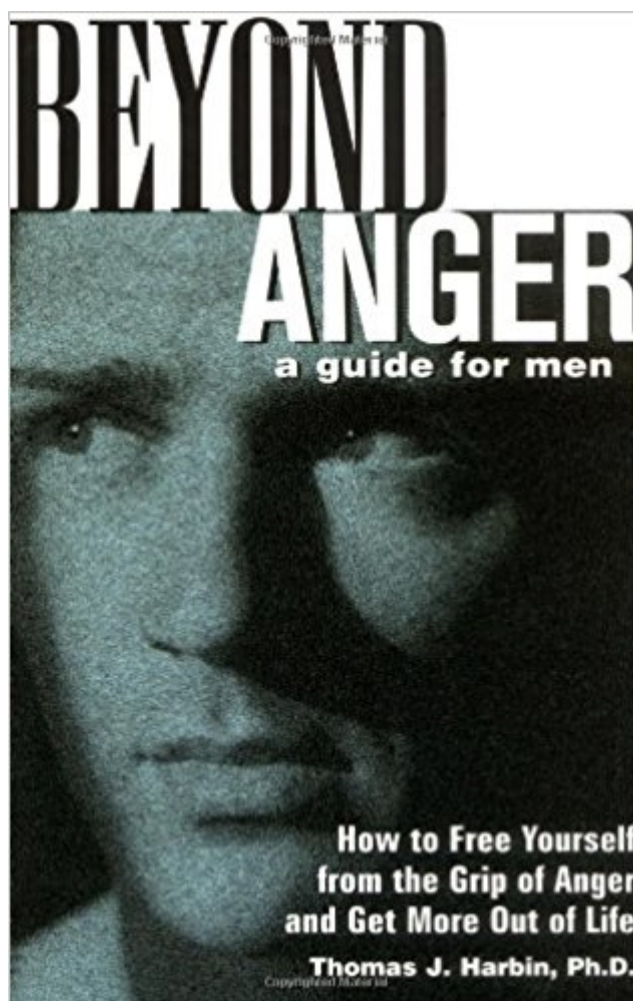


The book was found

# Beyond Anger: A Guide For Men: How To Free Yourself From The Grip Of Anger And Get More Out Of Life



## Synopsis

Men tend to express their anger differently than women do. Research shows men are often more violent and less willing to confront and deal with their emotions than women. Written by a psychologist who specializes in the treatment of male rage, *Beyond Anger* shows the angry - and miserable - man how to change his life and relationships for the better. This book helps men understand their anger by explaining what the specific symptoms of chronic anger are and by showing angry men how their actions negatively affect family, friends, and coworkers. It helps men control violent feelings by using simple exercises - developed especially for men - to identify when and why anger occurs and by helping them form new habits to prevent anger before it starts. Women, too, will learn essential strategies for understanding and helping the angry men in their lives. *Beyond Anger* is honest, tough, and real.

## Book Information

Paperback: 240 pages

Publisher: Da Capo Press; 1st Edition edition (March 27, 2000)

Language: English

ISBN-10: 1569246211

ISBN-13: 978-1569246214

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 192 customer reviews

Best Sellers Rank: #102,315 in Books (See Top 100 in Books) #49 in [Books > Self-Help > Anger Management](#) #85 in [Books > Health, Fitness & Dieting > Men's Health](#) #103 in [Books > Politics & Social Sciences > Social Sciences > Gender Studies > Men](#)

## Customer Reviews

Thomas J. Harbin, Ph.D., is a clinical psychologist in private practice, specializing in the treatment of angry men. He has written numerous articles for scientific audiences and frequently speaks to groups on the topic of male anger. He lives in North Carolina and enjoys fly-fishing and woodworking in his spare time.

I ordered the book so i could give it to my boyfriend, who is definitely an angry man. I wanted to read it first, so I did. Good book. Sound advice. It really helped me understand him better, too. I think it will help him get started on dealing with his aggression issues. He doesn't beat me or

anything, but his fuse is just so short, and he's so controlling, I can feel it denting my love for him. I'd like to stop that right away because he actually is such a good man. I'll update once I find the right moment to give it to him and get him to read it.

I highly recommend this book to everyone. I was shocked to find out how little I knew about myself and how much I have hurt others through my thoughtless actions. I came from a family of angry people and everyone used to say (sort of proudly actually), that pride and anger runs in our genes. I knew that was absurd even before I bought the book, but I never knew that I was this wrong about myself and about others till I read this book. Truly a bible worth having by your side. I am still working on my anger issues, but I am now very confident that I have some one to help me out - FINALLY. For anyone who thinks the world stinks, that everyone is acting or putting on an act of love and happiness or that the world is so unfair and unjust or that your wife and kids do not listen to anything you say, or that most people are out to get you, please.. please... read this book. It will really help you.

I bought this for someone who doesn't think he has a problem and because of his personality I felt the wording "a guide for men" would make him more likely to read it. However, I do think there are better books except they speak to women. I left it at his house and we didn't talk about it but I know he picked it up and read at least some if not all. He noticeably changed. Ultimately though we had another pointless argument where he again lost his temper and went too far so I have stayed away from him and don't think I will ever see him again. At least he has the book.

Paperback went as a gift to a friend and the kindle version to read for myself. All of us feel anger at some point in our lives; but I have a very dear friend that has significant issues with anger to the point of putting holes in walls, doors, and a painting hanging on a wall. Anger and frustration that lead to his incarceration on charges of assault. I mistakenly thought it was schizophrenia; but it was not and has been professionally diagnosed as "Anger Management Issues". In reading my own copy online, I have come across examples that have been identical to his experiences. The author writes both from personal experience and as a professional counselor. My gift copy will hopefully aid a friend in his awareness of his problem and provide a way out of his personal difficulties. For me it was an educational experience to focus my personal awareness of an issue for which I had a lack of understanding. It has proven beneficial for me and I can recommend it to others.

Not every thing will apply to every man but there are some very good generalizations if you are honest with yourself. You also need to be honest with yourself as to if buying a book is going to help you. I am reading this book and thinking to myself :This is going to take years!" That from somebody that actively works at self-improvement (I've quit smoking, started a cardio exercise program, have changed my eating habits and lost weight going from 265 pounds to 220). If you really want to get control of your anger issues consider talking to someone in person. But be careful; the people I spoke to about joining a group impressed me as being snake-oil salesmen that hold these groups for people that have to go because it is court ordered and not because they actually want to change.

This book was referred to me by a friend who struggles with anger. He said it changed his life, so I'm giving it a go. I have already started anger counseling and have accepted my anger problem, so the first section of the book was a "refresher" on why I accepted my anger. The test the author includes in the book is a great general view of your problem; answer the questions honestly! The author then goes into some archetypes of angry men. While I didn't see myself fitting 100% into one single example, I saw myself and my actions in a few of them. Wow, this has really opened my eyes. I advise not reading the book in one or two sittings. Read a part per sitting and really let the information and emotions sink in. I'm glad I'm finally on the path to bettering myself for my future. It's just a shame it comes after ruining the most important relationship in my life. If you are a man and think you might have an anger problem, pick up this book and start a management group or counseling ASAP before you hurt the ones you love.

A clear description and presentation of the issues that confront us humans, namely men, and ways they need to be confronted and addressed and, perhaps in some ways, resolved. This was very helpful and constructive for me. The suggestions offered are and will enable me to move forward. Don Baer

Reading this book... The author experiences and tales... i felt like this guy was spying on me to right this book!, almost everything he went through is the exact same thing i lived; lost of friends, been angry at things or situations 'just because' (traffic jam, slow printer, not enough sugar on my coffee). I really learned a lot from this wonderful book.

[Download to continue reading...](#)

Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt,

Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) What Men Won't Tell You: Women's Guide to Understanding Men (How to read their minds, what men want, why men cheat, why men won't commit, why men lose interest, how to avoid rejection from men) Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life Get A Grip: How to Get Everything You Want from Your Entrepreneurial Business Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) The Private Investigator Handbook: The Do-It-Yourself Guide to Protect Yourself, Get Justice, or Get Even Baby Boomers and Seniors Free Yourself from Harm and Danger (Baby Boomers and Seniors - Free Yourself from Harm and Danger Book 1) Allergy Proof Recipes for Kids: More Than 150 Recipes That are All Wheat-Free, Gluten-Free, Nut-Free, Egg-Free and Low in Sugar FRUGAL LIVING: MAKE MORE MONEY BY SPENDING LESS (Budgeting money free, How to save money tips, Get out of debt fast, Live cheap, Debt free, Spend less) CLUTTER TO CLUTTER FREE: A Step by Step Guide on How to Organize and Get Rid of Clutter For a Stress-Free Life and Home (Home Organization, Hoarding, Declutter, Clutter free living with Kids) The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes Telling Yourself the Truth: Find Your Way Out of Depression, Anxiety, Fear, Anger, and Other Common Problems by Applying the Principles of Misbelief Therapy Clutter-Free: ONE HOUR A WEEK DECLUTTER! Simple Stress-Free Habits of a Clutter-Free Life.How to Organize Your Home,Finance&Lifestyle! (Clutter Free,Lifestyle,Clutter,Declutter) Traction: Get a Grip on Your Business Math Smart, 2nd Edition: Get a Grip on Basic Math (Smart Guides) Mindfulness for Teen Anger: A Workbook to Overcome Anger and Aggression Using MBSR and DBT Skills The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

