



Anger Management for Everyone: Seven Proven Ways to Control Anger and Live a Happier Life

Raymond Chip Tafrate Ph.D, Howard Kassonove PhD ABPP

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Now, from the authors of *Anger Management: The Complete Treatment Guidebook for Practitioners*, here at last is a comprehensive program for the rest of us! Tafrate and Kassinove bring their expertise and research-based understanding to everyone interested in controlling their anger. Is your anger:

- making others uncomfortable and creating distance in your relationships?
- disrupting your ability to think clearly and make good decisions?
- resulting in behaviors that you later regret or recall with embarrassment?

Anger Management for Everyone shows you how to cope with life's adversity, unfairness, and disappointment, so you can successfully “put anger in its proper place and live a vital, happy, and upbeat life.”



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