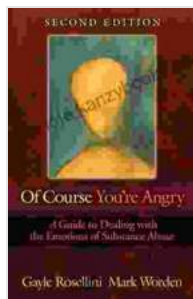


Of Course You're Angry



Understanding and Managing Anger

Anger is a natural human emotion that can be healthy when expressed in a constructive way. However, when anger is left unchecked, it can lead to negative consequences such as violence, aggression, and relationship problems.



Of Course You're Angry: A Guide to Dealing with the Emotions of Substance Abuse by Gayle Rosellini

★★★★☆ 4.1 out of 5

Language : English

File size : 1083 KB

Text-to-Speech : Enabled

Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 144 pages



In her book, *Of Course You're Angry*, Dr. Donna Jackson Nakazawa explores the causes of anger and offers strategies for managing it in a healthy way.

Dr. Nakazawa argues that anger is often a response to feeling threatened or powerless. When we feel that our needs are not being met or that we are being treated unfairly, we may experience anger as a way of protecting ourselves.

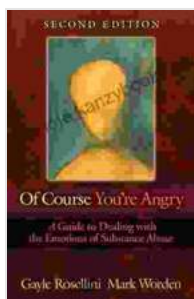
However, Dr. Nakazawa also points out that anger can be a destructive force if it is not managed in a healthy way. When anger is expressed in a violent or aggressive way, it can damage relationships and lead to legal problems.

In *Of Course You're Angry*, Dr. Nakazawa offers a number of strategies for managing anger in a healthy way. These strategies include:

- Identifying the triggers that make you angry
- Learning to express your anger in a constructive way
- Developing coping mechanisms for dealing with anger
- Seeking professional help if you are struggling to manage your anger

Of Course You're Angry is an essential resource for anyone who wants to understand and manage their anger in a healthy way. Dr. Nakazawa's insights and strategies can help you to reduce stress, improve relationships, and live a more fulfilling life.

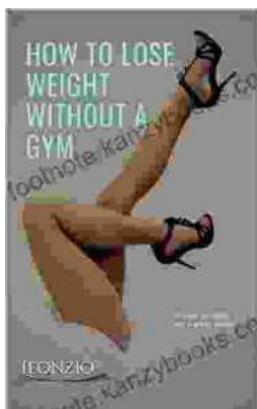
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