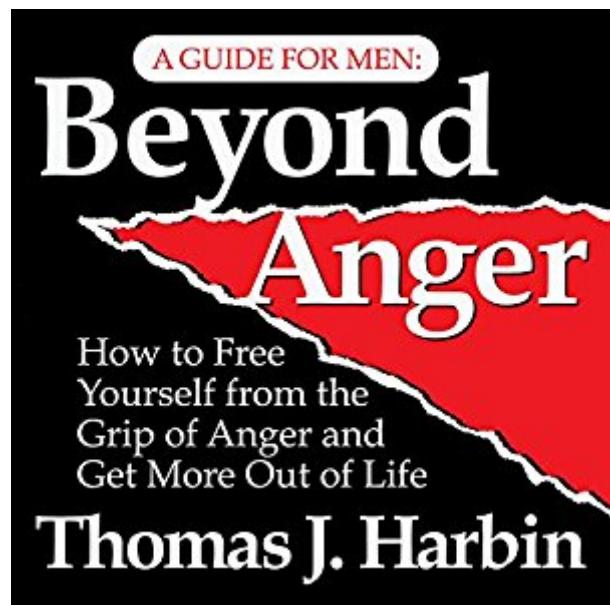


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# **Beyond Anger: A Guide For Men: How To Free Yourself From The Grip Of Anger**



## **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. --This text refers to the Paperback edition.

## **Book Information**

Audible Audio Edition

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## **Customer Reviews**

I never thought I had a real anger problem. Sure, I got mad, yelled, etc. on occasion. Who hasn't? Imagine my surprise that after waiting and planning for three years, my wife told me she was too afraid of my temper to start a family with me. That's when I decided I needed to try and change. I took the test at the beginning of the book and found that I was bordering on being an angry man. So many of the things he pointed out suddenly became very clear. After reading the book, I realized how much anger had hurt my wife, often without me knowing. I have never physically hurt her but my words did as much damage. It has been four months since I have read the book and I have not yelled or lost my temper, even once. I do not credit this book for all of this nor would I say it could

work so well for everyone, but it really pointed me in the right direction. If you have been told you have an anger problem or if you think you might, I would highly recommend this book.

This was the worst book in that it made me take a long, hard look at myself. I did not like what I saw. It was the best book because the author gives you tips and techniques to manage your anger and, more importantly, why you feel anger all the time. Sadly, for me, it took the loss of a seven year relationship to wake me up. I highly recommend this book, don't wait till it is too late...

If you are considering buying this book, if you think you may have an anger problem then I highly recommend this book. 1. Understanding why I am angry was worth the cost alone. 2. Recognizing habits I have and things I do that are part of my anger was worth the time spent reading. 3. Finding ways to deal with my anger was worth buying and reading this book 100 times. The book was helpful and intelligent and easy to read. I was thrilled to understand better what has been happening in my head and I am happier having read it. Remember, angry men are not just the violent abusive men. My anger has never had a violent aspect but it has been a problem in other ways. This book was great and helped me immensely.

I have waited for a book like this for a very, very, long time. Like the author, I also searched the bookshelves and I too only found the *Dance of Anger* - a book for women. I was upset that it was addressed to women only. Why couldn't she handle men's issues as well? So I waited. Unknown to me at the time, Mr. Harbin, the author was preparing his manuscript on this book. Like many men, I too am not willing to admit I have a problem that I could not handle on my own. For the most other problems, I dealt with successfully. But the problem of anger always had a way of surfacing and defeating me. I approached this book with the attitude that I didn't have such a 'bad' problem with anger. I said to myself that if it doesn't apply to me the worst I did for myself was waste \$15.00 and four or five hours of reading time. And this was a very small price to pay for a risk. Maybe it was denial that was keeping me from reading this book. After reading the book I found it was denial. Is denial keeping you from reading this book? I was also afraid of losing a powerful asset- my anger power. After reading this book, I found a great and more effective power than anger. For me anger was "A WEAPON AND A WALL" which hurt innocent people and kept loving people away.

Since recognizing and admitting I had an anger issue and having been on a journey of anger control since 1997 and having read numerous books since that time, Harbin has an uncanny grasp of

portraying how we got there, how we live, and what it is going to take to get out of the rut. He ought too, he is one of us. Since receiving his book I have read it twice within 3 weeks and will now implement some of his exercises. It is like he was walking behind me through my life taking notes leaving nothing to the imagination. You can tell he would have liked to told you more had his editor allowed him. Beyond Anger has become my Anger Bible. I take it everywhere. When anger emotions and other issues come up.....I dig its pages for answers. Some pages are obviously more crinkled than others for obvious reasons. In closing, when I learned that I had an anger issue and became accountable for it, I was ashamed and at times I would not admit it, hence I battled with correcting it. It was a terrible vacuum to fill for several months. Today I'm thankful and continue to pray that I have admitted it and am doing something about it and have friends supporting me in my journey. For I had a loving brother I miss dearly that died at 39 from anger related stress leaving two children and a wife. We were of the same mold. Our life was bankrupt before we got started. Anger raped our family! My gift to you is this testimonial. If you are an angry person and searching for answers read this book. It is #1! You will be as pleasantly shocked as I was. Courage is Fear that has said its prayers. Good Luck!

Harbin honestly presents steps to improve an angry man's ability to control his temper and become less angry. The book effectively pulls no punches by forcing an individual to take an honest look at how he behaves towards others and realize how he is perceived by others. The book was crucial in my understanding of how my anger behaviors hurt my family and it allowed me the courage to become a happier person.

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