



# **Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life**

*By Thomas J. Harbin*

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## **Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life** By Thomas J. Harbin

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.

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- Sales Rank: #119253 in eBooks
- Published on: 2009-06-17
- Released on: 2009-06-17
- Format: Kindle eBook
- Number of items: 1



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### Editorial Review

#### About the Author

**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.

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##### **Larisa Nagle:**

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**Stephen Redmond:**

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