



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

By Raymond Chip Tafrate Ph.D, Howard Kassinove 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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Editorial Review

Review

“*Anger Management for Everyone* is a practical, easy to follow guide to getting control of your anger so that you can live a more productive life today. Written by anger-experts, Tafrate and Kassinove, the reader can feel assured that these recommendations are based on proven research and clinical wisdom. Rather than get angry, get this book.”

—**Robert L. Leahy, PhD**, Director, American Institute for Cognitive Therapy, New York, NY 10022, Editor, *Journal of Cognitive Psychotherapy: an International Quarterly*, President-Elect, International Association for Cognitive Psychotherapy Clinical Associate Professor, Department of Psychiatry, Cornell University Medical College, New York Hospital

“This exceptional book will be invaluable to anyone who wants to understand and manage anger in their lives. It is based on a well-researched approach, written in a clear and down-to-earth style, and contains practical suggestions to quickly bring excessive anger under control. Drs. Tafrate and Kassinove, two seasoned anger management experts, help readers generate solutions to problems when that is possible and to accept the negative realities of life when that is the only recourse. In addition to clearly presenting their seven anger control techniques, they help you understand how to live a happier and more fulfilling life. I strongly recommend this fine book.”

—**Denis G. Sukhodolsky, PhD**, Associate Research Scientist, Yale University School of Medicine, Child Study Center

“...the best self-help book on anger I have yet come across.”

—**Raymond DiGiuseppe, PhD, ABPP**, Professor and Chair, Department of Psychology, St. John's University, Past President, Association for Behavioral and Cognitive Therapies

“...a splendid self-help book...useful to anyone seeking help for an anger problem.”

—**E. Thomas Dowd, PhD, ABPP, DSNAP**, Professor of Psychology, Kent State University, President, American Board of Cognitive and Behavioral Psychology

“*Anger Management for Everyone* is a choice addition for self-help and inspirational collections, recommended.”

—*Library Bookwatch: April 2012*

“...very helpful either as self-help or as a psychoeducation supplement to ongoing therapy.”

—*Bulletin of the Menninger Clinic, Vol. 76, No. 1 (Winter 2012)*

“...a top pick and very highly recommended read...for anyone who wants to channel their anger better.”

—*Wisconsin Bookwatch, February 2010*

“Tafrate and Kassino ve did a splendid job of presenting the technology of cognitive behavior therapy in an instructive, accessible format. I found the book personally useful and...I intend to recommend the book.”

—*The Michigan Psychologist, 1st Quarter 2010*

About the Author

Raymond Chip Tafrate, PhD is an associate professor in the Criminology and Criminal Justice Department at Central Connecticut State University. As a clinical psychologist, his work has focused on disorders commonly found in criminal justice settings. His research on the nature and treatment of anger has been published in scientific journals and books for practitioners, and has been presented at conferences throughout the United States and abroad.

Howard Kassino ve, Ph.D., ABPP, a board certified clinical psychologist, is chairperson of the Psychology Department at Hofstra University and is a past director of their Ph.D. Program in Clinical & School Psychology. Dr. Kassino ve is a Fellow of the American Psychological Association, the American Psychological Society, the Albert Ellis Institute, and the Behavior Therapy and Research Society. In addition to 60+ published papers, in 1995 he edited *ANGER DISORDERS: DEFINITION, DIAGNOSIS AND TREATMENT*. He has lectured widely in the United States, Europe, and Asia.

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