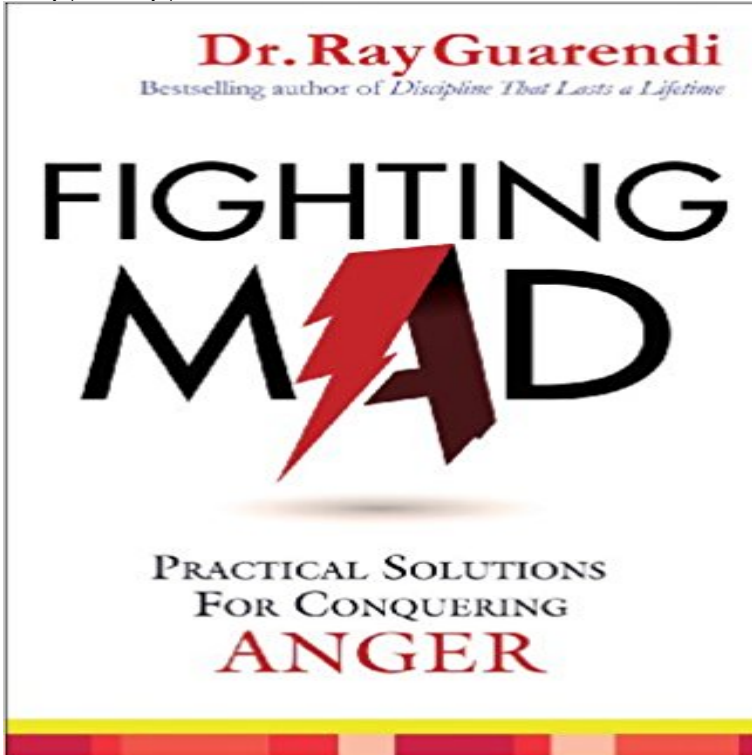


# Fighting Mad: Practical Solutions for Conquering Anger



How do you deal with anger and its emotional buddies? Parents, children, spouses, siblings, coworkers, even friends—we all struggle with situations where we experience feelings of anger. Dr. Ray cuts through psychobabble to present a realistic picture of anger and other emotional issues, and then offers practical solutions for overcoming them. The first chapters provide a basic understanding of anger and clears up common misconceptions, and each subsequent chapter focuses on a different aspect of anger. Most of the time anger and its causes are well within our control—and conquering those angry impulses are in our control, too. Let Dr. Ray show you how!

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