

# YOUR STEP BY STEP GUIDE TO **ANGER** MANAGEMENT



## Forward

How many of us lose our tempers on a regular basis, how many of us give in to the anger clawing at us, knowing that we should perhaps rein the beast in? The answer is too many, or rather, too few of us who can rein in the beast that abides within us, the beast we like to call anger.



It's the easiest thing in the world to become angry and to *let loose* your anger on the people around you. However, this doesn't mean that this is the right thing to do, nor is it the good thing to do.

Anger is an emotion that can hurt the people around you as well, not only yourself. This is why it is always a good idea if you can control it and tamp it down.

The provocation for you to lose your temper might be great, but if you can keep a cool head while you feel the anger flowing through your veins, then you will find that you are better off in the long run.

And this is what our goal is – to learn to control our anger, and to learn to control our actions resulting from that anger. In other words, we want to learn anger management, which is what this book is all about.

## Introduction

I have to say emphatically that I don't hold with all those people who tell you let your anger go, and not to keep it on a tight leash. This 'letting go' of our emotions, this lack of control on our parts of ourselves is what has led us to have so many problems.

True, you don't want to control yourself or your emotions so tightly that you strangulate them, but you do want to be able to have control over your reactions at your emotions so that you are fully aware of what you are doing. In other words, we need to stop giving in and pandering to our emotions in order to live productively.

You can argue with this as much as you like, but the plain truth of the matter is that control over your reactions counts in the long run. If we went around and punched in the face everybody we didn't like, or worse yet went around waving guns at the people who really annoyed us, how productive do you think you would become?

How much credence do you think your boss, your partner, or your friends, would give you? Do you really think they would listen to you with any rationality? Isn't more likely that they would give the appearance of listening to you if at all, then go about their own lives because frankly you can't be trusted to do the right thing, to do the mature thing?

I know, it's not a pretty picture, and if you have already given in more than once to your anger and allowed it to hold sway over your life, then you know what I'm talking about; or if you know that you have the capacity to let loose but have been tightly controlling yourself so far, then you know that things can go to pot very soon.

But, with a little help from outside, and a lot of help from within you, you will find that you can master your anger problems, and that you can enjoy life to the fullest without having to give in to your anger to get things done.

These pages are a sample of what is available in the full version of ***Your Step By Step Guide To Anger Management***, an ebook available at [www.ebookaudiodepot.com](http://www.ebookaudiodepot.com).