



# Anger Management Jumpstart: A 4-Session Mindfulness Path to Compassion and Change

*Pavel Somov Ph.D.*

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*Forward by Ron Potter-Efron, Ph.D., anger expert and author of "Healing the Angry Brain"*

We've come to think of anger as a destructive problem, and it certainly can be. Anger can also be a profound opportunity for existential transformation. *Anger Management Jumpstart* is a brief, field-tested clinical curriculum for breaking the impasse of chronic anger (either for a clinician or a self-helper). This original, humanistic, solution-focused approach introduces 4 core mindfulness-powered change modalities: Impulse Control Training, Choice Awareness Training, Symbolic Threat Inoculation, and Somatic Emotional Self-regulation Training. Take yourself or your client on a journey of change from anger and frustration to compassion!

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