



Overcoming Your Anger in the Shortest Period of Time (CD & Workbook)

Michael S. Broder

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Anger is an emotion that can have devastating effects to your health, your relationships, your career, and virtually every other aspect of your life! It can range from mild irritation all the way up to intense rage - and everything in between. Anger is one of the most common, yet at the same time most difficult, emotions we experience. In this audiotape program Dr. Broder will teach you all about your angry reactions; first to **identify to whatever triggers your anger**, then to defuse those triggers, and finally to bring your angry reactions firmly under your own control in a lasting way. In addition, you will learn clinically-proven strategies and tools for **controlling your angry reactions, whenever they are triggered**.

In this program, you'll learn:

All you need to know about anger...**how your anger is triggered**, what happens to you when you are angry, and **how it affects your relationships as well as your health**;

10 proven exercises you can use anytime or any place to let go of your anger on the spot while staying in control;

How to **choose your response** to an upsetting situation, rather than merely reacting in a way you may later regret;

How to quickly **adopt non-angry attitudes** and affirmations to make yourself far less vulnerable to the words and actions of others;

When professional help or medication may be necessary;

How to **use empathy** to resolve hostile feelings;

How to rapidly come to grips with, resolve, and then **let go of your old hurts** - regardless of how old or how intense - for good;

And much more!

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