

"I HIGHLY RECOMMEND... This book will make your life easier—and better. Every man needs to read it."

—Loren Christensen, author of *Crouching Tiger: Taming the Warrior Within*

Do You Have Trouble Controlling Your Anger?

Or do you let anger control you and create a person you don't want to be? Written with the emotional needs of men in mind, this book explores the numerous triggers that can provoke a man's anger. In clear, easy-to-understand language it outlines steps you can take to better manage your anger and emerge a man who is in control of his life instead of being controlled by his anger.

Twenty-two real-life stories describe the devastating impact of anger on men and those around them. "Ask Yourself" questions throughout each chapter help you better understand anger by getting you to think about what caused your anger and what you can do to prevent it from controlling you. Clearly written, step-by-step instructions guide you through the process and place you in the driver's seat, steering you away from anger.

Filled with revealing stories and expert advice, this book helps readers discover:

- how to put space between yourself and your anger
- how to handle the 7 ways other people spark your anger
- 7 ways to stay in charge of yourself when you're angry
- a list of potential triggers that helps you identify what makes you angry
- what to say and do in various types of situations

Don't fool with anger. It can be dangerous for both you and those around you. With this wise and timely book you can again take charge of your life and become the person you want to be.

Lynne McClure, Ph.D., is a nationally recognized leading expert in managing anger and other high-risk behaviors. She is also the author of *Angry Women: Step Letting Anger Control Your Life!*, *Anger and Conflict in the Workplace: Spot the Signs, Avoid the Trauma*, and *Risky Business: Managing Employee Violence in the Workplace*.

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