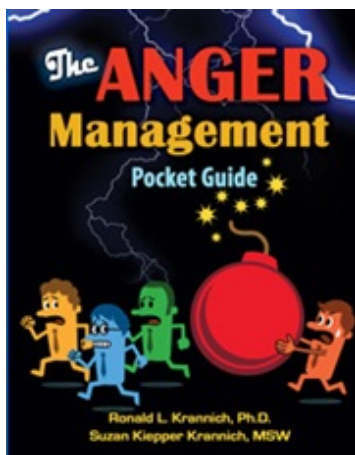


# Manage Anger, Rage, and Violence



**Like any addiction,** anger can have disastrous consequences if not treated. Impact offers one of the best collections of self-directed and training resources focused on anger, rage, and violence. Bestsellers include:



## [The Anger Management Pocket Guide](#) (#9100)

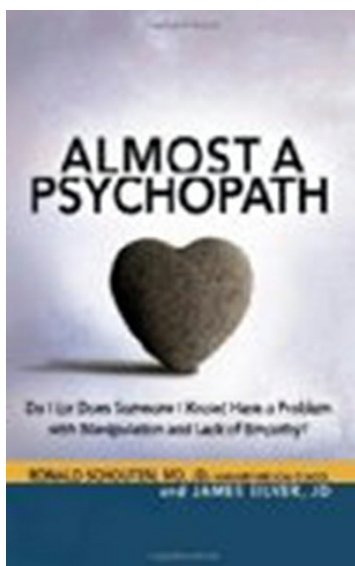
### **How to Control Anger Before It Controls You!**

This powerful little self-help action guide can change lives for the better by helping you manage your anger and rage! Special sections outline a wealth of supportive resources - from self-help books, videos, websites, blogs, and apps.

## [Domestic Violence and Abuse Kit](#) (#9182)

Domestic violence, whether emotional or physical, is all about power, control, and the urgent need for psychotherapy. The books and DVDs in this kit present

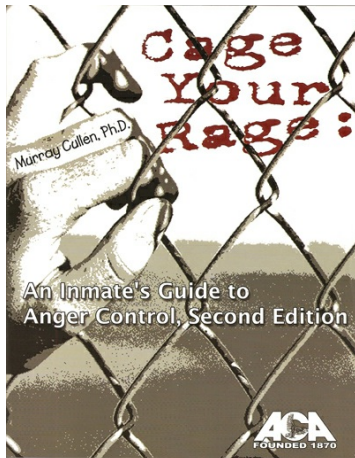
some of the best resources for understanding and dealing with this devastating problem. 11 books, 3 DVDs



## Managing Anger and Rage: A Video Workbook Program (#9165)

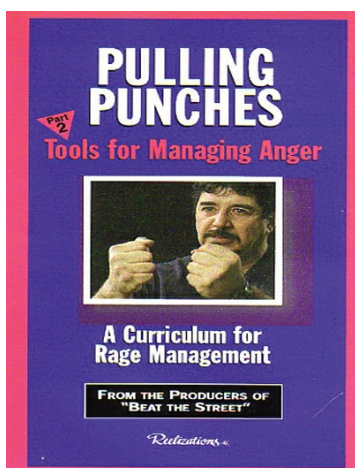


This cost-effective program treats anger as another bad drug that triggers relapse. It examines the Five Stages of the anger/relapse process and Three Steps to interrupt the anger/relapse process.



## Cage Your Rage Program for Ex-Offenders (#216)

This bestselling curriculum, designed for inmates, has it all - inmate's guide, leader's guide, and one DVD containing 4 programs.



## Pulling Punches (#3039)

Designed for recovering addicts and alcoholics, this highly acclaimed three-part DVD series addresses the whole anger process.


# NEW 2017 CATALOG!



**Also, check out our extensive collection of anger, rage, and violence resources on pages 50-52 of our new catalog.**



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