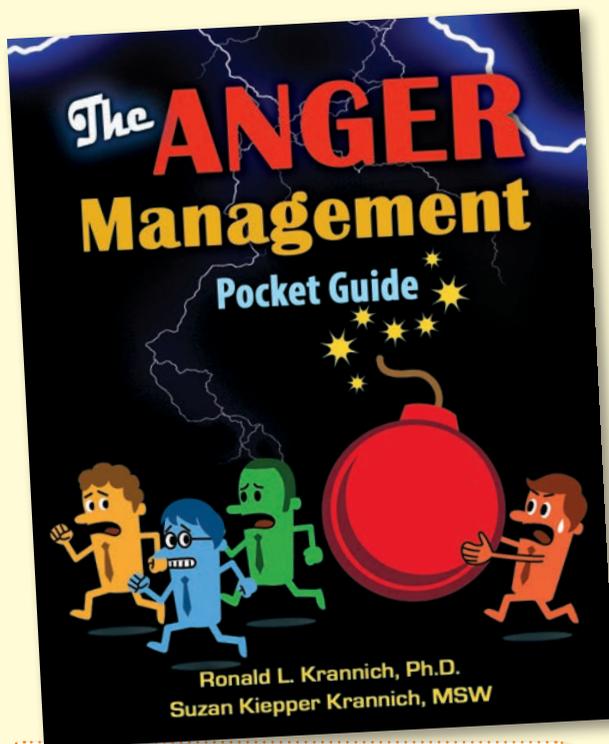


Anger Management Pocket Guide

Inexpensive and Convenient Personal Action Guide!

Budget-friendly resource from 59¢ to \$2.95 each!

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The Anger Management Pocket Guide How to Control Anger Before It Controls You!

Ronald L. Krannich, Ph.D. and Suzan Kiepper Krannich, MSW

COMING IN SEPTEMBER! This powerful little self-help action guide can change your life for the better by helping you manage your anger and rage!

- Examines the nature of anger and how it can negatively affect your physical and mental health as well as seriously damage your personal and professional relationships.
- Emphasizes the physical, emotional, social, and legal consequences of anger, and identifies important internal and external triggers (such as people, events, memories, trauma) that contribute to feelings of anger.
- Outlines key myths and corresponding realities that can prevent you from taking effective action.
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- Explains important differences between anger and rage, and shows how anger differs between men and women as well as how these differences require more sensitive approaches to anger management.

Special sections outline a wealth of supportive resources – from self-help books, videos, websites, blogs, and apps to professional counseling and group therapy – for developing a more anger-free life. The guide is jam-packed with revealing self-tests, engaging examples, and practical workbook activities for changing your attitudes and behaviors in order to become the positive and likable person you really want to be. This is a terrific handout

for counselors and other professionals to give patients or clients struggling with anger management issues, especially those with co-occurring disorders (substance abuse, depression, anxiety) and are incarcerated. It fits conveniently into pockets and handbags (3 7/8" x 4 7/8") for quick and easy reference. Copyright © 2015. 64 pages. ISBN 978-1-57023-352-4. **\$2.95.**

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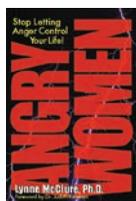
THE AUTHORS: Ronald L. Krannich, Ph.D., is one of America's leading career and travel writers who has authored more than 100 books. Suzan Kiepper Krannich, MSW, is a former health care executive who received an MSW from New York University. As a trained therapist, she has worked with many individuals experiencing anger management, substance abuse, and related co-occurring disorders.

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Angry Men

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Written as both a self-directed and instructional tool, this book shows men how anger affects them and how they can take charge and gain control of their anger. Men will see themselves in true stories from law enforcement officers, military men, and others who lost it because their anger took over. Includes easy-to-use practical anger management skills. 142 pages. 2004. **\$14.95. SPECIALS: 10 copies for \$119.95; 100 copies for \$747.50.**

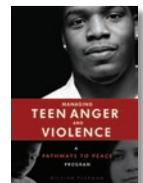


Bestseller!

Managing Teen Anger and Violence

William Fleeman

Helps teens identify their anger issues, find non-violent ways to experience personal power, change abusive and violent behavior, change dysfunctional attitudes and behaviors, and much more. Stresses values that support a non-violent lifestyle and the best ways to avoid relapse. Filled with compelling personal stories and vignettes. 230 pages. 2008. ISBN 978-1-57023-276-3. **\$19.95. SPECIALS: 10 copies for \$159.95; 100 copies for \$997.50.**



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Cage Your Rage Workbook: An Inmate's Guide to Anger Control (2nd Edition)

SCAN ME



Murray C. Cullen, Ph.D.

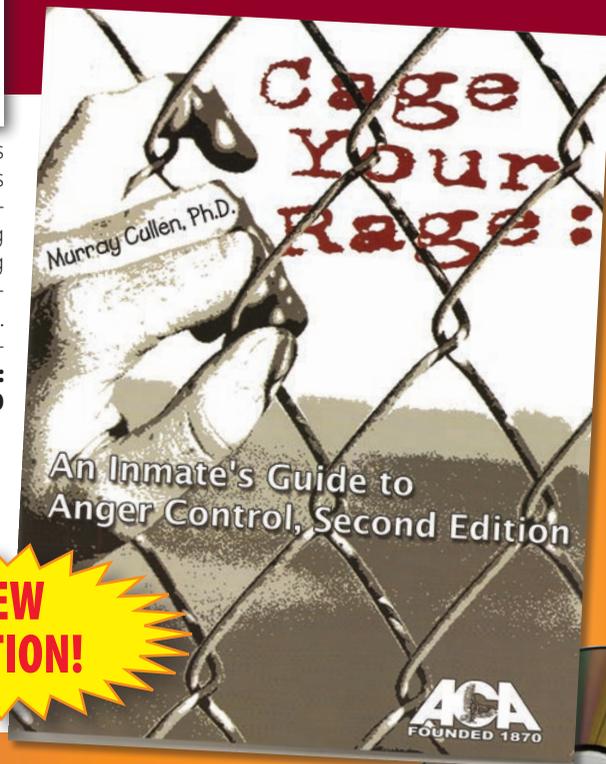
The perfect rehabilitation resource for inmates in prisons, jails, and detention centers. This powerful self-study workbook helps offenders better manage their anger and aggression. As such, it contributes to a more stable population which, in turn, results in a more secure facility. *Cage Your Rage* examines what anger is, explains its causes, and offers ways of managing it – a valuable tool for both inmates serving time within an institution and parolees entering the community. Organized into six interactive chapters: Introduction; Anger – Past and Present; Anger and Aggression/Violence; What Causes Anger?; and A New Chapter in Your Life. Includes examples, assessments, suggested readings, bibliography, and much more. Softcover. 125 pages. 2013. **\$25.00. Spanish edition (1997), \$20.00 each. Also available: Cage Your Rage for Teens (1996) for \$15.00 (\$139.95 for 10 copies). SPECIALS: 10 copies for \$225.00; 50 copies for \$1,037.50; 100 copies for \$2,000.00.**



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EDITION!**



Cage Your Rage Program

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- Anger and Aggression
- What Causes Anger
- Managing Your Anger

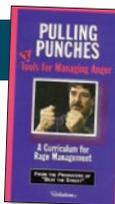
- ♦ **Cage Your Rage Workbook: An Inmate's Guide to Anger Control:** This self-study workbook (in English) helps offenders who have difficulty dealing with anger. Examines what anger is, explains its causes, and offers ways to manage it. 125 pages. Softcover. 2013. **\$25.00 each. (This kit includes 10 copies of the inmate's guide for only \$225.00.)**
- ♦ **Cage Your Rage Leader's Guide:** Assists those delivering anger-management programs by anticipating obstacles that facilitators may encounter. Suggests many interesting exercises, activities, and dramatizations. Useful for both novice and expert trainers. Makes it very easy for inmates who have completed the course to become new facilitators. 1997. 102 pages. Can purchase separately for **\$50.00**.



Managing Anger and Rage DVDs

Pulling Punches: A Curriculum for Rage Management

This highly acclaimed three-part anger management DVD series addresses the whole anger process. Shows how to better manage anger and make long-term behavioral changes. Includes crucial skills for avoiding relapse. 35 minutes per DVD. Includes a Counselor's Guide with reproducible worksheets. **\$495.00**



Anger

Carl Reddick

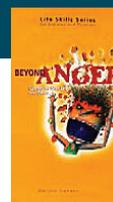
Makes a clear distinction between anger and violence. Explains a continuum of beliefs, emotions, and behaviors that often escalate to stress, anger, rage, and ultimately violence. Discusses how to reduce one's emotional level of anger after identifying the fears that drive anger. 38 minutes. **\$249.00**

Abused Boys, Wounded Men: Taking Responsibility for Ending the Cycle of Pain (Curriculum)

Designed for use in community corrections and institutional settings, this six-week curriculum helps adult offenders identify instances of early abuse, recognize how it has impacted their lives, and learn how to live a productive life in spite of it. Relentlessly realistic, this program takes an unconventional stance that's also an unshakable reality: identifying and overcoming the root cause of adult crime can be more effective than simple incarceration. The curriculum includes: 2 DVDs, 10 workbooks, and 1 facilitator's guide. DVDs run 141 minutes. 2001. **\$449.00 for the complete curriculum.**

Beyond Anger: Connecting With Self and Others

Helps individuals let go of the past and prepare for a productive future. Defines anger, explains how it is learned early in life, and describes how cycles of anger develop when a person continues to express anger in unhealthy ways. The four parts focus on: Anger, Healing Repressed Anger, Forgiveness, and Reconciliation. 50 minutes. **\$149.00**. Program also available with a facilitator's guide (**\$59.95**) and reproducible worksheets (**\$34.95**). **SPECIAL: Complete instructional curriculum for \$225.00.**



Manhood and Violence: Fatal Peril

Looks at reentry and the issue of male violence. Nine men participate in an intensive four-month violence prevention project where the re-arrest rate dropped by 80 percent. 58 minutes. 2003. **\$149.95**

Anger: The Bottom Line

Dr. C. C. Nuckols

Explains the many causes of anger. It's a learned coping and survival skill for many in treatment programs. Addresses how angry people compare to the alcoholic or addict: most are in denial. Explains how many people withdraw, use alcohol and drugs, attack others, or abuse themselves to try to make anger go away. Emphasizes taking responsibility to eliminate problems with relationships, getting and keeping a job, and staying out of trouble with the law. Provides strategies to help viewers change their behavior and take control of their lives. 49 minutes. **\$299.00**