



# Managing Anger with CBT For Dummies

*Gillian Bloxham*

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## **Defuse your anger with CBT**

Cognitive Behavioural Therapy (CBT) is a hugely popular self-help technique, which teaches you how to break free from destructive or negative behaviors and make positive changes to both your thoughts and your actions. This practical guide to managing anger with CBT will help you to understand your anger, identify solutions to your problems, and maintain your gains and avoid relapse.

This concise, user-friendly guide provides focused advice on defusing anger using proven CBT techniques. You'll discover how to keep your anger under control and identify the negative thought processes that lead to angry outbursts.

- Shows you how to use CBT to help you react positively to frustrating situations
- Helps you learn to assert yourself effectively without losing your temper
- Gives you tried-and-true CBT techniques to let go of unhealthy anger

If you're struggling with anger management, *Managing Anger with CBT For Dummies* gives you the tools you need to keep your cool and live a happier, more balanced life.

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