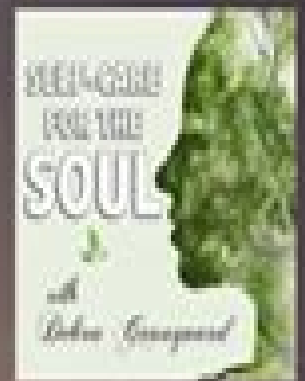




RELEASING ANGER, RECLAIMING POWER

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Releasing Toxic Anger for Women Karyne B. Wilner, 2024-12-01 Women and girls are often taught that anger is an unacceptable emotion As a result women are more likely than men to direct anger inward leading to self critical inner dialogue as well as a host of physical and mental health issues In this much needed guide a clinical psychologist and somatic therapist reveals how anger creates stress in the body and mind and offers women body based practices and cognitive behavioral therapy CBT techniques to release anger for greater health vitality and purpose *Anger Management Journal | Retrain Your Brain and Learn to Control Your Anger* Equilibrium Publishing, 2021-03-30 Anger takes over your mind body and spirit It robs you of moments it makes decisions for you it damages meaningful relationships and it deprives you of enjoying the present Anger takes away your peace It is a barricade standing in the way of your path towards your higher self towards your self development journey to your best self The Anger Management Journal is your guide to freedom from the confines of anger When anger becomes such a powerful and influential force in your life the road towards recovery can feel hopelessly distant and completely out of reach The Anger Management Journal provides you with steps that are as realistic to apply as they are effective in decreasing the power that anger has over you your daily decisions and behaviors and your life Evidence based Cognitive Behavioral approaches for anger management are combined with mindfulness strategies approaches that allow you to apply your creativity brief reflections of your progress and examples of how to implement the interventions that are designed uniquely for those who struggle with poor anger control In the CBT for Anger chapter you will learn the critical practices of Identifying and managing triggers Gaining self awareness of your current behavioral and emotional responses to anger provoking circumstances Identifying and reflecting on the consequences anger inflicts on your life Replacing negative behaviors that bring unwanted short term and long term consequences Deciding when methods such as avoidance and releasing anger i e letting go of anger is the best practice How to communicate your emotions The workbook provides quick

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