

The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook)

By *Laura J. Petracek*

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Books on anger, by and large, have been written by men for men who express their anger in an outward and explosive way. But women usually express anger through a range of behaviors, from explosive outbursts to quiet seething rage. If you're a woman struggling with anger, this workbook is designed to help you develop skills and strategies for expressing your anger in constructive ways.

No matter what your style of anger is, this workbook can help you identify what triggers your anger. Then, through a series of interactive, relational exercises, you'll learn ways to cope with angry feelings.

- Discover the things that might contribute to your anger with engaging worksheets and assessments
- Explore the connection between anger and substance abuse, mood disorders, and domestic violence
- Integrate elements of narrative, art, and music therapy into a powerful set of anger management tools
- Take the power out of certain anger provoking situations with cognitive behavioral and attitude adjustment exercises

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Editorial Review

Review

“Finally, a comprehensive anger workbook for women—thoughtful and informative, this book is a must for any woman who struggles with constructively expressing anger. Petracek has created a thoughtful and informative guide that offers insight into the specific difficulties women have with anger. This workbook is full of examples and exercises that will help the reader identify how she currently manages her anger, how stress and self-esteem relate to anger, and ways to appropriately express anger and improve relationships. This exceptional book will help women stop destructive patterns of anger, whether they lash out or hold it in, and have healthier, happier lives and relationships. I am thrilled to have such a great resource for my clients.”
—Vallerie E. Coleman, Ph.D., psychologist and adjunct faculty member in the Department of Psychology at Loyola Marymount University

“Petracek uses a commonsense, realistic approach to helping women deal with their anger. I found a wealth of information on the pages of this book; it is an excellent tool for women whether they have mild or major challenges with rage. Petracek takes the mind, body, and spirit into account when teaching women how to channel their anger in a healthy way.”

—Jan Brown, executive director of the Domestic Abuse Helpline for Men

“A much-needed book. The problem of women’s anger is often minimized in our society, but not by Petracek who, thankfully, takes this subject seriously. Having worked for many years with angry and aggressive women, she offers some practical and innovative solutions. I especially enjoyed her sections on anger-ins vs. anger-outs and the chapter on parenting.”

—John Hamel, LCSW, author of *High Conflict to Battering* and director of John Hamel & Associates, a counseling firm in San Raphael, CA

"A much-needed, long-awaited book on the subject."

—Ruth Gottstein, publisher of Volcano Press

From the Publisher

This is the first book to adapt the powerful principles of cognitive behavioral therapy to the unique needs of women struggling with anger problems.

About the Author

Laura J. Petracek, Ph.D., is assistant professor of clinical psychology at National University in Sacramento, CA. She maintains a private practice in San Francisco and is a certified treatment provider for the San Francisco Department of Probation. She is a member of the American Psychological Association, the National Association of Alcohol and Drug Addiction Counselors, and the Nation Association of Social Workers.

Foreword writer **Sandra Thomas, Ph.D., RN, FAAN**, is director of the doctoral program at the University of Tennessee College of Nursing in Knoxville, TN. She has studied women's anger since 1989. Initial findings from her women's anger study—the first large-scale investigation of the emotion in American women—were published in the 1993 book *Women and Anger*, which received extensive coverage from national press and television programs.

Users Review

From reader reviews:

Brian Ramos:

Nowadays reading books be than want or need but also turn into a life style. This reading behavior give you lot of advantages. The advantages you got of course the knowledge the rest of the information inside the book in which improve your knowledge and information. The information you get based on what kind of reserve you read, if you want send more knowledge just go with education books but if you want really feel happy read one along with theme for entertaining including comic or novel. The *The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook)* is kind of e-book which is giving the reader unpredictable experience.

Irene Parker:

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Heather Wade:

Reading can called head hangout, why? Because while you are reading a book particularly book entitled *The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook)* your head will drift away trough every dimension, wandering in each aspect that maybe mysterious for but surely will end up your mind friends. Imaging each and every word written in a book then become one contact form conclusion and explanation that will maybe you never get previous to. The *The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook)* giving you yet another experience more than blown away your brain but also giving you useful information for your better life within this era. So now let us show you the relaxing pattern here is your body and mind will likely be pleased when you are finished studying it, like winning a sport. Do you want to try this extraordinary spending spare time activity?

Julie Chambers:

Would you one of the book lovers? If so, do you ever feeling doubt while you are in the book store? Try to pick one book that you just dont know the inside because don't determine book by its protect may doesn't work this is difficult job because you are scared that the inside maybe not as fantastic as in the outside seem likes. Maybe you answer can be The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) why because the amazing cover that make you consider with regards to the content will not disappoint anyone. The inside or content is definitely fantastic as the outside or perhaps cover. Your reading sixth sense will directly show you to pick up this book.

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