



ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger

Georg H. Eifert, Matthew McKay, John P. Forsyth, Steven C. Hayes

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Drop the Rope in Your Tug-of-War with Anger

If you've tried to control problem anger before with little success, this book offers you a fundamentally new approach and new hope. Instead of struggling even harder to manage or eliminate your anger, you can stop anger feelings from determining who you are and how you live your life. Based on a revolutionary psychological approach called acceptance and commitment therapy (ACT), the techniques in **ACT on Life Not on Anger** can help you let go of anger and start living your life to the fullest.

Your path begins as you learn to accept your angry feelings as they occur, without judging or trying to manage them. Then, using techniques based in mindfulness practice, you'll discover how to observe your feelings of anger without acting on them. Value-identification exercises help you figure out what truly matters to you so that you can commit to short- and long-term goals that turn your values into reality. In the process, anger will lose power over your life-and, amazingly, you'll gain control over your life by simply letting go of your angry feelings.

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From reader reviews:

John Newton:

Book is to be different for every single grade. Book for children right up until adult are different content. As we know that book is very important for people. The book ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger seemed to be making you to know about other expertise and of course you can take more information. It doesn't matter what advantages for you. The book ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger is not only giving you a lot more new information but also to get your friend when you sense bored. You can spend your spend time to read your book. Try to make relationship using the book ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger. You never sense lose out for everything in case you read some books.

Pam Boyd:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their spare time with their family, or their very own friends. Usually they doing activity like watching television, about to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Can be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to try look for book, may be the reserve untitled ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger can be excellent book to read. May be it can be best activity to you.

Joann Nixon:

The reason why? Because this ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will zap you with the secret the idea inside. Reading this book close to it was fantastic author who else write the book in such awesome way makes the content within easier to understand, entertaining technique but still convey the meaning completely. So , it is good for you for not hesitating having this any more or you going to regret it. This excellent book will give you a lot of gains than the other book have got such as help improving your ability and your critical thinking approach. So , still want to postpone having that book? If I were being you I will go to the book store hurriedly.

Sara Matthews:

What is your hobby? Have you heard this question when you got pupils? We believe that that concern was given by teacher to their students. Many kinds of hobby, All people has different hobby. And you know that little person including reading or as looking at become their hobby. You must know that reading is very

important along with book as to be the thing. Book is important thing to provide you knowledge, except your personal teacher or lecturer. You find good news or update regarding something by book. Different categories of books that can you choose to adopt be your object. One of them is ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger.

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