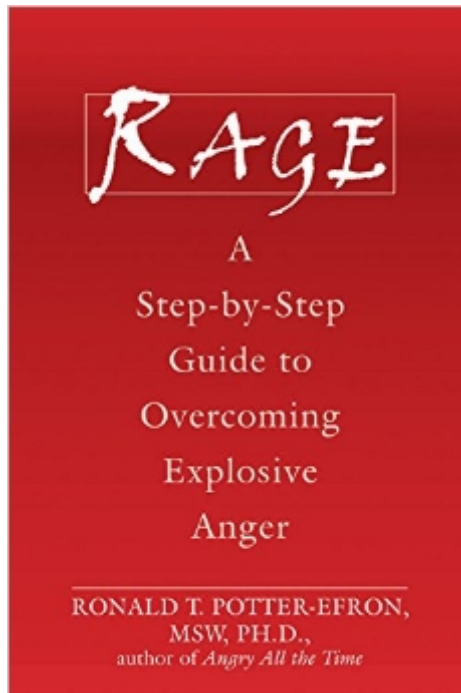


The book was found

Rage: A Step-by-Step Guide To Overcoming Explosive Anger



Synopsis

Do you or someone you care about experience episodes of extreme and unpredictable anger? Intense rages that threaten relationships, jobs, property-or worse? The first thing you need to know is that you are not alone. Researchers estimate that some 7 percent of Americans may at some time experience a condition called intermittent explosive disorder (IED), which is characterized by reoccurring periods of extraordinary anger, and millions more have less frequent yet equally damaging experiences with rage. The second thing you need to know is that there is help. Rage can be calmed and controlled with good advice and a practical, effective plan for change. From renowned anger expert Ronald Potter-Efron, this book breaks down rage into four types: In survival rage, anger is triggered by a sense of danger or threat; feelings of helplessness can trigger impotence rage; the third type, abandonment rage, is triggered by a fear of losing a cherished relationship; and shame rage occurs when someone feels very disrespected. Rage briefly discusses how the brain functions during extreme emotion, and then it turns to the task of helping you stop episodes of rage-right now! In classic Potter-Efron style, the book places the responsibility for control squarely on the shoulders of the angry individual. There is no room in this dangerous situation for whys and becauses. Instead, Rage offers no-nonsense, step-by-step anger management tools that really work.

Book Information

Paperback: 176 pages

Publisher: New Harbinger Publications; 5.1.2007 edition (April 1, 2007)

Language: English

ISBN-10: 1572244623

ISBN-13: 978-1572244627

Product Dimensions: 6.3 x 0.4 x 8.9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (67 customer reviews)

Best Sellers Rank: #20,161 in Books (See Top 100 in Books) #15 inÂ Books > Self-Help > Anger Management #5877 inÂ Books > Reference

Customer Reviews

Ron Potter-Efron once again presents clinicians and clients with an insightful exposition of the family of emotions associated with interpersonal aggression and violence. He describes the intrapersonal roots of the interpersonal experience of explosive anger that is as disruptive of the aggressor's life

as it is of the aggressed. For Ron rage is more than the far extreme of anger continuum. He anchors the rage experience in the brain center that regulates emotion and impulse control. The essential neurochemical (serotonin, dopamine, norepinephrine) conditions for mood regulation are impaired. In addition to brain chemistry, Ron summarizes research on impaired brain anatomy in areas commonly associated with problem solving, impulse control, and quick temper. Impaired neurochemistry and impaired microanatomy become the preconditions for learning six kinds of rage responses to people and events, past and present. With characteristic clarity Ron offers a concise behavioral description of six kinds of rage responses: Sudden Rage (quick, intense, fury), Seething Rage (resentment & repressed hurts), Survival Rage (blind reactive response), Impotent Rage (intolerance & helplessness), Shame Rage (diminished, belittled), and Abandonment Rage (jealous & obsessive). Ron's rapid-assessment- instrument of the six kinds of rage guides the clinician and client through a discovery of rage events and their consequences for self and others. (We look forward to a validation study of "The Potter-Efron Rage Scale"). Ron provides sufficient description of each kind of rage to educate the client and to provide a rational explanation for each dimension of this devastating experience. Assessment and diagnosis sets the stage for creating an individual treatment plan.

The author defines the primary tenants of rage: a general loss of consciousness of body, mind and subsequent behavior, also termed a 'rage blackout' and considered a 'disassociative' event. There is also discussed the 'partial rage', or one which the rager has the ability to cut themselves off before going too far. Rage is many steps past what is commonly called 'anger' in it's intensity and the potential capacity for destruction that can be wrought in it's wake. The author proceeds to cover the six types of rage, what things could propel the issue and any neurological factors that might be present. Up front this work is very elementary, while it offers many interesting ways to escape past cycles before someone (or yourself) gets hurt it presents as practically any 'self-help' work would - meant really only to initiate someone to what the potential problem could be. Neurologically speaking there exists increased risk with elevated testosterone or estrogen, too little serotonin or increased dopamine, too much activity in the anterior cingulate gyrus and too much or too little activity in the left temporal lobe. Substance abuse issues can also contribute to neuro deficits and dysfunction as can a hyper active amygdala. The author quickly skims these things, proposing antipsychotic drug use to achieve a balance of neurotransmitters and hormones. Of the types of rage: Sudden: comes on quickly and generally with little provocation. The best tenants to deal with this are 'The 4 R's' - Recognize, Retreat, Relax and Return. Also of use in noticing the patterns is the 'ABCDE'

technique: Antecedent, Beliefs, Consequences, Disputation (an incompatible thought about your own negative thoughts) and Effects of the disputatious thoughts.

[Download to continue reading...](#)

Rage: A Step-by-Step Guide to Overcoming Explosive Anger *OP Rage Across the World 2 (Rage , Vol 2) The Velvet Rage: Overcoming the Pain of Growing Up Gay in a Straight Man's World Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life The Anger Workbook: An Interactive Guide to Anger Management ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life Anger Experiences: Group Leader Workbook (Anger Management) (Volume 2) Anger Management for Everyone: Seven Proven Ways to Control Anger and Live a Happier Life The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks) 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) Letting Go of Anger: The Eleven Most Common Anger Styles And What to Do About Them The Heart of Anger: Practical Help for the Prevention and Cure of Anger in Children What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems With Anger (What to Do Guides for Kids) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Overcoming Passive-Aggression: How to Stop Hidden Anger from Spoiling Your Relationships, Career and Happiness Overcoming Anger in Your Relationship: How to Break the Cycle of Arguments, Put-Downs, and Stony Silences Overcoming Frustration and Anger Caffeine Addiction Gone - A Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction) The Caffeine Cure: A Definitive Guide to Finally Overcoming Your Caffeine Addiction (Addictions, Addiction Recovery, Overcoming Addictions Book 1)

[Dmca](#)