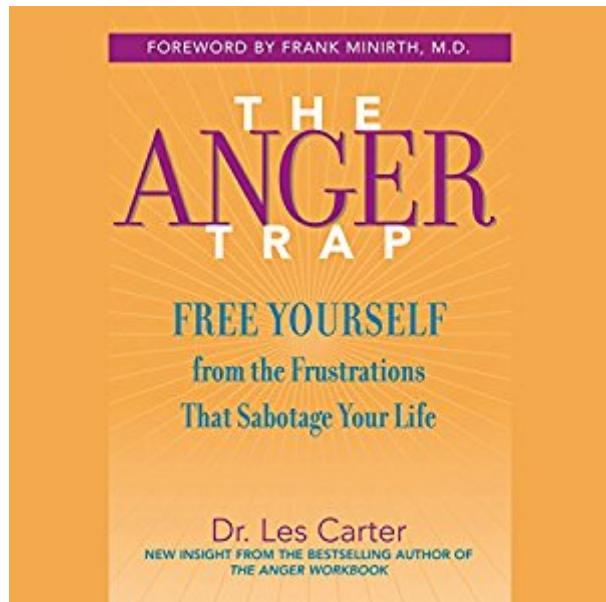


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# The Anger Trap: Free Yourself From The Frustrations That Sabotage Your Life



## Synopsis

It's easy to identify rage in people who lose their temper at traffic jams, unruly children, unresponsive coworkers, and unrealistic bosses. But we may not recognize more subtle manifestations of anger, such as being uncomfortable with loose ends, acting impatiently, or being overly critical. That is anger, too. And, as is so often the case, angry folks don't seem to realize that the behavior causing them problems at home or at work actually stems from unrecognized and unresolved pain and emotional injuries from the past. Is all this negative emotion inevitable, or are there choices about how to respond, choices that can improve personal relationships as well as emotional health? The Anger Trap is a landmark book that strips away the myths and misconceptions about anger and reveals how you can learn to distinguish between healthy and unhealthy anger so that you may choose or help someone else to choose a better, more spiritually enlightened path. The Anger Trap examines the root causes of anger and can help you realize your patterns and break the destructive cycles of criticism, frustration, and irritation that hurt you and others around you. Drawing insight from timeless spiritual wisdom as well as cutting-edge research, Dr. Carter offers practical techniques to free you from anger, its hidden insecurities, fears, and selfishness and thereby improve the quality of your home and workplace life. The book clearly illustrates how the change process works and The Anger Trap is filled with real-life examples of the ways people have come to terms with their anger by applying the concepts Dr. Carter outlines.

## Book Information

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## Customer Reviews

Dr. Les Carter has done it again! No wonder he is called "America's Anger Expert." With The Anger Trap he has put together his years of experience and wisdom on this important subject to provide us with a way out of this insidious trap called anger. Years ago I read his first book on the subject, Good 'N Angry (now out of print, I believe), and more recently completed his very practical best-seller, The Anger Workbook. Both exercises helped me deal with issues that subtly yet surely were negatively affecting my life and relationships. Now comes, I believe, Dr. Carter's "magnum opus." One of the values of The Anger Trap is that Carter not only identifies anger and its nature, but deals with the root causes (such as fear, loneliness, rejection, insecurity, and especially pain.) "Angry people are hurting, fragile people," Carter points out. And, "At the heart of anger is a cry for respect." But, to me, one of the most insightful observations Carter makes is, "As illogical as it may be, it can seem to outside observers that chronically angry people have a strong commitment to keeping distasteful emotions alive." Carter encourages us to deal with these underlying causes if we are to have any kind of meaningful victory over anger. The chapter on dependency and hidden insecurity (Chapter 6: "Insecurity's Hold on Angry People") is especially interesting and illuminating. In this chapter Carter discusses how angry people are so busy trying to make others take responsibility for their own emotional stability that they stay stuck in the anger they want to be free of.

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