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## Creative Anger: Putting That Powerful Emotion to Good Use (Hardback)

By Rhoda Baruch, Edith Henderson Grotberg, Suzanne Stutman

ABC-CLIO, United States, 2007. Hardback. Condition: New. Language: English . Brand New Book. We are a nation of plenty, of opportunity, and luxury, but we are also a nation flush with fury. Homicides, assaults, domestic abuse, youth violence, and even road rage are too common, let alone everyday outbursts of temper that harm family members, friends, peers, and co-workers. The market for anti-anger, mood-stabilizing drugs is booming, as is the market for anger management counseling and classes. What is happening? In this book, a team of experts who've been traveling the nation presenting workshops on Rethinking Anger start by telling us this: Anger is normal; nature hardwired into our brains for protection. But here is the paradox. Anger out of control destroys, yet anger understood and controlled is a constructive force, one that can be used for creativity, change, and growth. Authors Baruch, Grotberg, and Stutman show us how to take charge of this powerful emotion, so it can be used in constructive ways, rather than destructive. Using the anger energy constructively can release creative potential and be liberating. We are a nation of plenty, of opportunity, and luxury, but we are also a nation flush with fury. Homicides,...

### Reviews

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