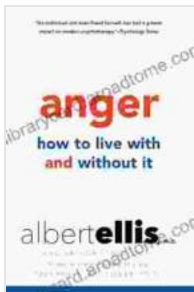


# Anger: How to Live With and Without It

## A book review by [Your Name]

Anger is a powerful emotion that can be destructive if not managed properly. It can lead to conflict, violence, and even physical illness. But anger can also be a positive force, motivating us to take action and protect ourselves and others.



### Anger: How to Live with and without It by Albert Ellis

★★★★☆ 4.2 out of 5

Language : English  
File size : 923 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Lending : Enabled  
Screen Reader : Supported  
Print length : 280 pages



In her book, *Anger: How to Live With and Without It*, psychologist Harriet Lerner explores the nature of anger, its causes, and how to deal with it in a healthy way.

Lerner argues that anger is a normal and healthy emotion. It is a response to being threatened or wronged. However, anger can become problematic when it is expressed in a destructive way.

Lerner identifies four main types of destructive anger:

- **Explosive anger** is characterized by sudden and intense outbursts of violence.
- **Implosive anger** is characterized by turning anger inward, leading to depression and self-destructive behaviors.
- **Passive-aggressive anger** is characterized by expressing anger in indirect and subtle ways, such as sarcasm or procrastination.
- **Chronic anger** is characterized by a constant state of irritability and hostility.

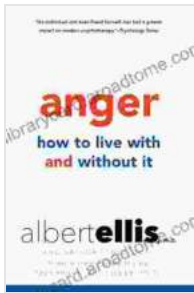
Lerner provides a number of helpful strategies for dealing with anger in a healthy way. These strategies include:

- **Identifying the triggers for your anger.** Once you know what triggers your anger, you can start to avoid or manage those situations.
- **Expressing your anger in a healthy way.** There are a number of healthy ways to express anger, such as talking to a friend, writing in a journal, or exercising.
- **Learning to forgive.** Forgiveness is not about condoning wrong behavior. It is about letting go of the anger and resentment that you hold towards someone who has wronged you.
- **Seeking professional help.** If you are struggling to manage your anger on your own, you may want to seek professional help from a therapist or counselor.

*Anger: How to Live With and Without It* is a valuable resource for anyone who wants to learn more about anger and how to manage it in a healthy

way. Lerner provides a clear and concise overview of the nature of anger, its causes, and how to deal with it. The book is full of helpful strategies and tips that can help you to live a more peaceful and fulfilling life.

If you are struggling with anger, I highly recommend reading this book. It can help you to understand your anger and develop the skills you need to manage it in a healthy way.



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