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by Albert Ellis, Ph.D. and Raymond Chip Tafrate, Ph.D. How to Control Your Anger Before It Controls You is a terrific resource for both professionals and

How to control anger: seven quick tips |

Many times, anger rushes over us and leads to impulsive choices that are far from being in our best interest. How to Control Anger: Seven Quick Tips.

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Your anger could cause people to avoid you. When you lose your temper, says 18-year-old Daniel, you also lose your dignity and the respect of those around

Controlling anger -- before it controls you

If you feel that your anger is really out of control, if it is having an impact on your relationships and on important parts of your life, you might consider

20 things to do when you re feeling angry with

Sit with Your Anger 1. Allow yourself to feel angry. Tariq and I was really angry at someone last night and we found it SO hard to control our anger.

Top 7 ways to control your anger & temper

SolveYourProblem Article Series: Emotions Boy, Do I Feel _____ Today. Top 7 Ways To Control Your Anger & Temper

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How to Control Your Anger Before It Controls You, with Raymond Chip Tafrate. Citadel Press, 1998. How to Control you Anxiety before it Controls you.

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