

# THE ANGRY SELF

## A Comprehensive Approach to Anger Management

Miriam M. Gottlieb, Ph.D.

**BESTSELLER!**

*"In a time when high-quality anger management and violence prevention programs are in hot demand, Miriam Gottlieb delivers with a superb and clearly written workbook that can greatly benefit therapists in the trenches and the clients they treat. Her book is filled with practical tools that can successfully empower clients to gain better control of their anger. There have been many books written about anger management, but by far The Angry Self tops them all!"*

*-- Matthew D. Selekman, M.S.W., author of Pathways to Change: Brief Therapy Solutions with Difficult Adolescents*

Step by step by step – *The Angry Self: A Comprehensive Approach to Anger Management* provides a clear, accessible, and practical alternative to uncontrolled anger. Not simply a series of techniques, this approach views anger management as a process, one that engages clients in making real changes in their lives.

**Features:**





- Integrative approach that includes cognitive-behavioral strategies, Ericksonian perspectives, and relaxation techniques
- Can be used inside or outside the therapy room
- Friendly workbook design that encourages compliance
- Oversized, perforated pages for flexibility and easy use

By following this workbook, clients will learn first to identify their anger and then to loosen its grip on their lives. Perhaps most significant, they will discover ways to take that energy – energy previously spent on anger and its ramifications – and redirect it toward creating solutions. As clients add to their evolving repertoire of skills, their confidence grows, and as their confidence grows, their desire to refine their skills increases.

*The Angry Self* offers a crucial perspective for all those who are caught in a cycle of anger. It offers a sequence of strategies to help them break through years of reflexive behavior. It offers, finally, a realistic and enduring blueprint for well-being.

**Miriam M. Gottlieb, Ph.D.**, has provided counseling services to a variety of populations across a number of settings, ranging from correctional institutions to private practice. She was the Chief Treatment Psychologist at a juvenile rehabilitation facility, Clinical Director for a group home agency, and consultant for several school districts. Dr. Gottlieb currently focuses her attention on her private practice and on teaching graduate students at the University of Phoenix.

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