

Anger And Conflict Management Personal Handbook

Shows how to recognize feelings of anger, discusses how angry feelings are created, and suggests ways to calm down and deal with the emotion.

A Calming Daily Refuge is one of the first and only daily meditation books dedicated specifically to Anger Management. The daily meditation book is one of the most valuable self-help tools there is. It is inexpensive, easy to use, educates, centers, and focuses us on the task at hand--positive change and growth. Also, its benefits are continuous over a period of years, unlike some self-help books that you may read only once or twice. Research supports the importance of daily meditation/affirmation books as an essential tool for personal growth and positive lifestyle changes. Another great thing about A Calming Daily Refuge is that the majority of the meditations are based on real experiences, of real people while in Anger Management counseling over a ten year period. So many of the insights are not just about anger, but also emotional management and life principles that really work. Get ready to look deeper and grow stronger in your journey towards a healthy and peaceful life.

CONFLICTS CAN'T BE AVOIDED, BUT YOU CAN LEARN HOW TO WIN THEM. The neighbour who blocks you with the car, the boss who denies you the raise, the users on social networks who attack you, the relatives who criticize your choices, the stranger who passes you in line... Why are we so aggressive? What are the conflicts? Where, when, and why are they born? And above all, what are the most effective techniques and strategies to avoid being overwhelmed? We live in an era in which we all have nerves on edge, where any situation can turn into a conflict, and you cannot assert your reasons. You can continue to suffer dreaming of revenge, or you can learn to manage the situation by turning it around in your favour. And get what you want. From Giudici's experience in Project Management, human resources, and his personal research, this book is born, suitable for everyone, from top managers to those who cannot have a peaceful relationship with their partner, which also contains many practical solutions to problems common. Includes the Arrow Model on escalation and the "P.A.C.E.P.A.C.E." NO MORE EXCUSES. NO MORE ANGER. JUST SUFFER. TIME TO TAKE ACTION.

"This successful guide has already helped many tens of thousands of readers understand and manage out-of-control anger in all its forms, from passive-aggression to all-out rage. Dr. Robert Nay presents an effective six-step program grounded in the proven techniques of cognitive-behavioral therapy. Self-quizzes and exercises show how to immediately recognize anger's triggers and early warning signs--and master cooling-off strategies that work in the heat of the moment. By learning specific ways to defuse conflict and express their feelings calmly, readers can put a lid on destructive anger while appropriately asserting their needs. The revised second edition includes a new chapter on resolving longstanding resentments, plus updated examples and resources"--

Discover a compassion-based method for defusing conflict and creating better relationships in every area of your life ? How do you respond to anger—in yourself or others? Do you fight fire with fire, or run for cover? Dr. Christian Conte created “Yield Theory” as a way to meet conflict without aggression or submissiveness through the practice of compassionate listening, de-escalation, and genuine communication. With *Walking Through Anger*, he teaches you this revolutionary model for dealing with anger and inflamed emotions in an increasingly divisive world. Combining Buddhist wisdom, neuroscience, and Dr. Conte's hands-on experience as one of today's top anger management therapists, he offers powerful tools for resolving conflict in a way that promotes deeper connection and understanding. Yield Theory is a form of radical self-compassion that lets you circumvent the brain's fight-or-flight responses in yourself and the person you're talking to. With an accessible style and practical guidance, Dr. Conte takes you through the seven steps of this potent method: acceptance, authenticity, conscious education, creativity, elimination of shame, mindfulness, and non-attachment. “Although Yield Theory has proven to be an effective tool for therapists and counselors,” says Dr. Conte, “it's ultimately a way of life. In my experience, anyone from career criminals to parents can learn this approach to transform the way we understand each other—and our true Selves.”

A time-saving resource, fully revised to meet the changing needs of mental health professionals *The Child Psychotherapy Treatment Planner, Fifth Edition* provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal agencies. New edition features empirically supported, evidence-based treatment interventions including anxiety, attachment disorder, gender identity disorder, and more. Organized around 35 behaviorally based presenting problems including academic problems, blended family problems, children of divorce, ADHD, and more. Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record your own treatment plan options. Easy-to-use reference format helps locate treatment plan components by behavioral problem. Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies including CARF, The Joint Commission (TJC), COA, and the NCQA.

If you think you're getting out of control when you are angry then check this "How To Control Anger" guide. This step-by-step guide can bring you the benefits presented below: - Understand the root of conflict. - Discover techniques to control anger. - Get useful tips on how to be a caring parent. - Come up with realization and become compassion. - Learn how to resolve conflicts regarding personal relationships. - Handle anger of parents, anger to partners, and even anger in children. - Learn how to manage anger at the workplace. - Make use of the benefits of yoga in anger management. - Apply channeling of negative emotions into positive. - And much more. Click "Buy Now" to get it now!

This classic text is an indispensable resource for beginning couples therapists: a concise, practical guide to moving from theory and content to process and the therapist's use of self.

The Bully Busters approach is research based and emphasizes both control and prevention. It helps teachers increase their awareness, knowledge base, and intervention skills to attack the root causes of

bullying behavior and to deal with the problem confidently. The manual is organized into eight learning modules. Each module includes a teacher information component and a series of classroom activities. The activities (36 in all) are designed to increase student participation in reducing and preventing bullying, as well as to strengthen the teacher/student relationship. An accompanying CD of all the reproducible forms and student handouts is included with the book.

Where there are people, there is conflict--but conflict divides people. Here, expert Certified Professional Coach R.W. Burke helps readers understand how conflict works, how they themselves may actually be the source of the conflict they're experiencing in their lives, and, most important, how to stop being that source.

Out-of-control anger can destroy relationships, reputations, careers--even your health. But Dr. Robert Nay knows from extensive clinical experience that nearly anyone can learn to manage anger constructively--with enough practice. That's where this skillfully crafted workbook comes in. Using step-by-step learning exercises based on state-of-the-art knowledge about how the brain works, you can break old habits and replace them with more productive new ones. Dr. Nay's breakthrough STOP Method (Stop, Think, Objectify, and Plan) helps you: *Understand how anger flares up in your brain and body--and how you can lower the heat. *Identify the fleeting yet powerful thoughts that fuel destructive anger. *Replace aggression with appropriate assertiveness. *Effectively communicate your thoughts, feelings, and needs. *Defuse conflicts and find "win-win" solutions. *See how the strategies are applied in a wealth of realistic scenarios. While working through the book's simple checklists and fill-in-the-blank forms (you can download and print additional copies as needed), you'll be building real skills to apply in everyday life. When anger gets in the way of your personal goals, this book provides a blueprint for change. See also Dr. Nay's "Taking Charge of Anger, Second Edition," which helps you understand and manage destructive anger in all its forms, and "Overcoming Anger in Your Relationship: How to Break the Cycle of Arguments, Put-Downs, and Stony Silences."

"Exploring the role of conflict in organizations, this book helps managers, employees, and organizations come to grips with all types of conflict. Conflict is discussed as a likely result of human interaction, and the key purpose of this program is to assist people in effectively and productively managing and taking advantage of these inevitable conflict situations. A self-contained training curriculum around which an entire organizational conflict management program can be built, this book is designed for use as a guide to harnessing and taking advantage of the enormous energy associated with conflict, and is loaded with activities designed to reinforce and build on the understandings developed and to provide plenty of opportunity to practice what has been learned. Activities can be used to facilitate formal training with individuals, in work groups, or for personal use. "

A trainer/facilitator's guide to be used in conjunction with the author's Anger and conflict management : personal handbook.

Personal Conflict Management utilizes a modernized theory/skill approach to interpersonal conflict, placing equal emphasis on the theoretical and practical. Supporting the notion that there is not one correct approach to conflict management, and utilizing the authors' shared experiences as mediators and organizational facilitators, this text demonstrates the value of collaborative models for resolving conflict and the necessity and benefits in understanding competitive approaches. Through the inclusion of both competitive and cooperative theories, the authors present contrasting perspectives of conflict management. Beginning with an introduction to conflict, the text examines the major approaches and theories of conflict management. Following a discussion of the causes and variables which exist within conflicts, the skills necessary for conflict management are analyzed, including listening, the ability to seek information, the importance of understanding personality types and behavior patterns, negotiation, and conflict assessment. The final two sections of the text take the reader beyond the basics, exploring the difficulties encountered in conflict management, the aftermath to a conflict, and conflicts in context, applying the theoretical concepts to everyday situations. Written in an academic yet reader-friendly style, this textbook is enjoyable and thought-provoking for both students and instructors. Case studies, examples, essay suggestions, discussion questions, etc support an interactive environment that optimizes learning opportunities. Instructors will find these features useful in the development of classroom discussions and assignments, while students will benefit from the opportunity to examine their own conflict behavior and enhance their skills in conflict management.

When confronted with a confrontational situation, some people feel that to express anger is to risk losing control. Panic attacks, depression, headaches, and chronic pain often plague people who deny themselves a constructive outlet for their anger. This book includes exercises and techniques for developing constructive anger expression.

"Anger and Conflict Management: Leader's Guide offers conflict management advice to adults and teens in connection with its companion text for participants, Anger and Conflict Management: Personal Handbook. The techniques illustrated encourage users to turn their anger around to interact peacefully and productively with associates and family. Leaders learn how to conduct presentations, guide discussions, and help participants understand the purposes and pitfalls of anger and how to channel it into constructive and useful actions. The personal handbook is a guided journal with information, ideas, short stories, and questions for students to answer in writing, enabling them to examine their personal responses to life's typical anger-provoking situations at home, work, school, and elsewhere. These books are ideal for a wide variety of audiences including groups in corporations, social service agencies, schools, churches, and adults and teens who are required by juvenile and family courts to participate in anger management classes."

Identify what's setting you off and why. Find the calm while navigating the (inevitable) storm. And relinquish toxic anger in your life—for good! Anger Management is a practical and down-to-earth program that will teach you not only to understand your own anger, but, perhaps just as importantly, how to deal with the angry behavior of others. It details the role anger and conflict play in day-to-day interactions at home, at work and in social environments. Real-life examples discuss anger that erupts in intimate relationships, on the road, on the job with coworkers, or when dealing with people who are rude, irritating or intimidating. Anger Management also provides two unique sections. The first describes the psychology and behavior of predatory people; the other teaches you how to deal with situations where remaining cool under pressure can be a vital survival tactic. Anger Management is one of the most comprehensive and easy-to-follow anger-management programs available today. It is the ultimate self-help guide, but also an invaluable resource for corporate human resources departments in any business where tension and conflict occur during negotiations or in customer-service interactions.

This is a forty-hour, evidence-based, gender-responsive, trauma-informed treatment program specifically developed for women who have difficulty managing anger. The curriculum uses a Social-Ecological Model to understand anger and violence. This four-level model considers the complex interplay between individual, relationship, community, and societal factors. It addresses the factors that put people at risk for experiencing overwhelming feelings of anger and perpetrating assaultive acts or destruction of property. This model is used by the Center for Disease Control and Prevention and was used in the Prison Rape Elimination Act (PREA) research on women in prison.

Social Work Approaches to Conflict Resolution helps readers understand the nature and causes of conflict and offers suggestions for coping with conflict effectively. It is based on two assumptions: that conflict is a basic part of the life of normal human beings, groups, organizations, communities, and nations, and that resolving conflict is part of the ongoing interventions of all social workers. A practical text for theory-practicum courses for MSW and doctoral students, it is filled with information also useful to therapists, group workers, community workers, administrators, scholars in the social sciences, practitioners in other helping professions, and trainers in the emerging field of conflict resolution itself. Deliberately linking conflict resolution and systems analysis, Social Work Approaches to Conflict

Resolution tackles a number of related themes to help you see the connections between topics not normally presented together in social work literature. You'll see how unmet needs may cause conflict to evolve and escalate and learn about the connections between strongly held feelings and the destructive relations that have developed between diverse ethnic peoples in many parts of our planet. Author Benyamin Chetkow-Yanoov draws on his own background of being a minority as well as his experience in Arab-Jewish reconciliation in Israel as he offers readers thorough explanations of: a systems model for analyzing conflict problem-solving versus resolving conflict how value clashes and victimization are some of the basic causes of conflict escalation 9 professional roles required for resolving conflicts the effectiveness of volunteers in conflict resolution teaching conflict resolution skills to various audiences trends in the evolution of voluntary conflict resolution efforts You can apply much of what you learn in Social Work Approaches to Conflict Resolution not only to your professional life but also to your personal relationships and experiences. Also, since victimized people and groups are major contributors to the perpetuation and escalation of conflict, the book suggests 10 steps for helping victims free themselves from repeated conflict-generating behaviors.

Describes anger, its possible causes, and suggestions for how to deal with it.

Learn how personal and organizational conflicts can be resolved by listening closely to the 'stories' people tell when they are in conflict, understanding why people tell their stories in the ways they do, and creating a third story that brings them together. This visionary book is written by Kenneth Cloke and Joan Goldsmith, two renowned mediators, who have used the narrative structure method successfully in their own mediation practice to move people in conflict from stubbornness, hostility, and fear to openness, collaboration, and forgiveness. Focusing on the transformative power of stories, Resolving Personal and Organizational Conflict includes an array of case studies from the authors' first-hand experience with thousands of clients. These case studies include the perspectives of all the parties in the conflict and cover a wide range of conflicts and disputes.

This timesaving resource features: Treatment plan components for 33 behaviorally based presenting problems Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record your own treatment plan options A step-by-step guide to writing treatment plans that meet the requirements of most accrediting bodies, insurance companies, and third-party payors Includes Evidence-Based Practice Interventions as required by many public funding sources and private insurers PracticePlanners® THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The School Counseling and School Social Work Treatment Planner, Second Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal agencies. New edition features empirically supported, evidence-based treatment interventions including coverage of disruptive classroom behaviors, reinforcing student success, bullying, peer conflict, and school violence Organized around 33 behaviorally based presenting problems treating students who experience social and emotional difficulties, including social maladjustment, learning difficulties, depression, substance abuse, family instability, and others Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record your own treatment plan options Easy-to-use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies including CARF, The Joint Commission (TJC), COA, and the NCQA Additional resources in the PracticePlanners® series: Documentation Sourcebooks provide the forms and records that mental health professionals need to efficiently run their practice. Homework Planners feature behaviorally based, ready-to-use assignments to speed treatment and keep clients engaged between sessions. For more information on our PracticePlanners®, including our full line of Treatment Planners, visit us on the Web at: www.wiley.com/practiceplanners Women tend to hold in their anger and in the long run, they end up doing more harm to themselves than they ever could if they simply knew how they could control that anger and diffuse it properly. What "Anger Management for Women" does is that it explains exactly how this can be done and it also explains the major things that can really cause a woman to get angry. It is not that men do not get angry. It is just that the focus in this particular is women. It is a personal reference text for those who must learn how to deal with their anger.

Anger and Conflict Management Personal Handbook Personhood Press

Personal Conflict Management, 2nd edition details the common causes of conflict, showcases the theories that explain why conflict happens, presents strategies for managing conflict, and invites consideration of the risks of leaving conflict unsettled. This book also explores how gender, race, culture, generation, power, emotional intelligence, and trust affect how individuals perceive conflict and choose conflict tactics. Detailed attention is given to the role of listening and both competitive and cooperative negotiation tactics. Separate chapters explain how to deal with bullies and conflict via social media. The volume caps off its investigation of interpersonal conflict with chapters that: provide tools to analyze one's conflicts and better choose strategic responses; examine the role of anger and apology during conflict; explore mediation technique; and evaluate how conflict occurs in different situations such as family, intimacy, work, and social media.

This book is not about adults' trying to fix youth, telling them how to live, or showing them that adults know better. It's about helping students take control of their lives and emotions by becoming conscious of their anger and learning how to keep their power by choosing healthy ways to manage it.

Are you ready to take control over your anger? Are you ready to master your emotions? Are you ready to communicate with your partner in a healthy, constructive way without aggression or anger driving your communication? The truth is that anger is undeniably a part of any relationship. Just like any other emotion, anger is a completely natural emotional state, suggesting that your needs are not met or that your goals are somehow obstructed. In relationships, anger suggests that you and your partner may have differing ideas, needs or desires and this is completely normal. It is impossible for two people to agree on everything. The major goal of anger management is not to teach you to avoid getting angry or to suppress your anger but to handle your anger in an effective, assertive way without letting your angry feelings or your aggression come between you and your partner. While anger management does not come naturally for all people, those who seek ways to tame their destructive emotions, including anger, can without any doubt do so. No matter your relationship issues, anger management for relationships can help you strengthen your relationship and focus on what truly matters in life without angry feelings controlling your emotional responses. Inside You Will Discover: -What are human emotions and their purpose -Why do we need emotions and what makes up emotions -What are fundamental mind frames -The difference between the mind and the brain -What controls your emotions -What is anger and what is anger psychology -How different people experience anger -What are unhealthy ways of dealing with anger -What are emotional and physical signs of anger -How anger affects personal relationships -What is the cycle of anger in relationships -How to deal with anger in your relationship -And much much more... Get this book NOW, learn how to take control over your anger, tame your angry feelings and build a strong, healthy relationship!

Most people believe that anger is a negative emotion from which no good can come. Many Christians think that anger should not be expressed and that such feelings are sinful. This book (now in its third printing - 2014) explores the emotion of anger and how anger - which is a part of the human experience - is a force God can use for His purposes. Co-authors Lynette Hoy and Ted Griffin present a fresh approach to managing anger, identifying the problem, power and process of anger (from annoyance to bitterness or rage); biblical examples of "good anger" and how faith, assertiveness, problem-solving and forgiveness impact anger and can be used by God for his purposes. Chronic anger can be costly - physically, emotionally and relationally. Most people can use their anger in appropriate ways in some situations, and yet can be ineffectual or harmful in other situations. Applying principles from the What's Good About Anger? book and workbooks can reduce your levels of anger, and help you learn effective

coping behaviors to stop escalation and to resolve conflicts. Logging anger, triggering situations and applying new skills will help you more effectively control unhealthy anger responses. Ebook available!
Chapter Titles: Introduction and Instructions; Group Guidelines Anger Survey: Anger Log The Power of Anger When Anger is Good The Role of Faith Handling Anger Biblically Turning Anger into Forgiveness and Grace When to Take a Time-Out Cognitive Distortions Plan to Change Your Life by Changing Your Thinking and Trusting God Summary Application Devotionals for Anger Management Gain a new perspective on anger, how to let God control you when it flares up and how to better manage your response to provoking situations

Conflict resolution or conflict management is a skill, no doubt. Conflict is a normal occurrence, and it can sometimes be healthy for a relationship if it occurs once in a while. It is impossible for two individuals from different backgrounds to agree at all times. As a result, conflict in relationships is inevitable. Since they cannot be eliminated, it is only normal to learn how to manage them when they occur. Mismanagement of conflict can harm any human relationship, and such harm may leave indelible marks and irremovable scars. The reverse is the case when conflicts are managed in positive and respectful ways; it can turn the worst of enemies to the best of friends. There is no better way to create stronger bonds between two individuals than by managing their conflicts or disagreements professionally. Not everybody has the skills needed to manage conflict professionally. However, everyone can learn the skills. A Proper understanding of the techniques and skills involved in conflict management can help the individual and every person the individual associates with, in proper management of any conflicting situation that may come up. An individual well versed in conflict management will not only be able to manage conflicts involving other people but will also manage conflicts in his/her personal life.

Filled with strategies about managing anger, this guide to "getting over" bad feelings teaches readers how to effectively manage stress, conflict, and violence. Original.

How to stop being so angry as a parent and start learning how to empathize, resolve tantrums calmly, and achieve a more peaceful household, even if you can't seem to stop yelling. When your child is yelling, screaming, not doing as they're told, and running amuck, what's usually your first reaction? Do you: Stare at the wall and wish it would all just go away? Calmly corral them and work through the issue together, as a family team? Yell and scream back, getting both yourself and your child more worked up in the process? If you answered the third option, this book is exactly the guide you need to learn how to avoid those emotional outbursts and teach yourself (and your child in the process) how to work past anger to find resolutions. No parent is perfect. This book won't tell you that you have to be a perfect parent in order to raise a confident child. We're all human, after all. Perfection in parenting is a myth, but what's not a myth is that using anger to control and discipline your children is not only ineffective, it can lead to trauma down the road. All we want is what's best for them, and what we can tell you is that anger is not the ticket. But what can you do when emotions are running high and your first instinct is to start tearing your hair out? That's where anger management comes in. Through the lessons and examples in this book, you'll quickly realize that there are so many other options besides anger that can not only end tantrums and meltdowns, they can also help you bond with your child. Anger Management for Parents will help you discover: Exactly what makes parents angry and why anger is the first emotion to spring up What anger is and why it's programmed in us Types of anger that can occur in parenting situations How to connect with your child through compassion instead of scaring them away with anger The best anger management skills for parents And so much more! Being a parent is hard. Learn how to make it easier on yourself and your child. After all, your child is your baby, and don't you want to find out how to give them the best chance at life? Don't you want to raise them to be happy, healthy, and confident? All of that starts with you. All of that starts with how you manage your emotions. If you're ready to end the cycle of screaming and discover a new way to approach parenting, click "add to cart."

Plan D Features: Anger Management Violent Behaviors Emotions Temptations Conflict Resolution Personal Development Plan D is a self-help workbook designed as a primary intervention to provide individuals an independent study on self-discipline to prevent anger from unresolved offenses or temptations escalating inappropriately into violent and nonviolent actions. Why does anger result in violence? Why aren't violent behaviors recognized as a public health issue? Why is emotional abuse normalized, as suppression and denial of authentic emotions? Why are temptations chosen over services to assist? Why is violence the first approach towards conflict resolution? Why is personal development discouraged? The workbook is structured into 3 Modules for individuals to answer these questions by; identifying the differences between true character aspects from those assumed by subservient systems, assembling factors which constitute offenses or temptations, and merging individual's into a self-management Plan D to confront any conflict or temptation without being confrontational or embarrassed . Plan D provides- Techniques to DISENGAGE from conflict, and temptations, Exit Strategies to DIGRESS aroused and heightened emotions, Factors to DETERMINE conflict or temptation stimuli, Options & Alternatives to DECIDE appropriate approaches, Non-Confrontational Methods to DEMONSTRATE peace versus conflict Plan D is flexible for: Offenders Victims At-Risk youth and teens Family reunifications School bullying prevention programs Workplace violence prevention training Judicial Courts probation and parole prerequisite Churches teen ministries Secondary & Tertiary Crime Prevention ancillary intervention counterpart CHALLENGE YOURSELF AND TAKE THE #PLANDCHALLENGE

Make workplace conflict resolution a game that EVERYBODY wins! Recent studies show that typical managers devote more than a quarter of their time to resolving coworker disputes. The Big Book of Conflict-Resolution Games offers a wealth of activities and exercises for groups of any size that let you manage your business (instead of managing personalities). Part of the acclaimed, bestselling Big Books series, this guide offers step-by-step directions and customizable tools that empower you to heal rifts arising from ineffective communication, cultural/personality clashes, and other specific problem areas—before they affect your organization's bottom line. Let The Big Book of Conflict-Resolution Games help you to: Build trust Foster morale Improve processes Overcome diversity issues And more Dozens of physical and verbal activities help create a safe

environment for teams to explore several common forms of conflict—and their resolution. Inexpensive, easy-to-implement, and proved effective at Fortune 500 corporations and mom-and-pop businesses alike, the exercises in *The Big Book of Conflict-Resolution Games* delivers everything you need to make your workplace more efficient, effective, and engaged.

Provides school counselors and teachers with alternative practices for conflict resolution that involve listening and hearing exercises, improvisations, role-playing scenarios, and verbal narratives. Lincoln (communication, George Mason University) describes the narrative mediation approach to problem solving, the role of non-verbal cues, the causes and effects of bullying, and communication techniques for students. Annotation copyrighted by Book News, Inc., Portland, OR

Discover a compassion-based method for defusing conflict and creating better relationships in every area of your life. How do you respond to anger—in yourself or others? Do you fight fire with fire, or run for cover? Dr. Christian Conte created “Yield Theory” as a way to meet conflict without aggression or submissiveness through the practice of compassionate listening, de-escalation, and genuine communication. With *Walking Through Anger*, he teaches you this revolutionary model for dealing with anger and inflamed emotions in an increasingly divisive world. Combining Buddhist wisdom, neuroscience, and Dr. Conte’s hands-on experience as one of today’s top anger management therapists, he offers powerful tools for resolving conflict in a way that promotes deeper connection and understanding. Yield Theory is a form of radical self-compassion that lets you circumvent the brain’s fight-or-flight responses in yourself and the person you’re talking to. With an accessible style and practical guidance, Dr. Conte takes you through the seven steps of this potent method: acceptance, authenticity, conscious education, creativity, elimination of shame, mindfulness, and non-attachment. “Although Yield Theory has proven to be an effective tool for therapists and counselors,” says Dr. Conte, “it’s ultimately a way of life. In my experience, anyone from career criminals to parents can learn this approach to transform the way we understand each other—and our true Selves.”

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