

Healing the Angry Brain: How Understanding the Way Your Brain Works Can Help You Control Anger and Aggression

By Ronald Potter-Efron MSW PhD

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Do you find yourself:

• Becoming so angry you have trouble thinking?
• Acting impulsively during angry outbursts?
• Getting so mad that you feel out of control of your actions?

If these strong, sudden bursts of anger sound all too familiar, you know the impact they have over your life. Over time, these responses can actually hard-wire our brains to respond angrily in situations that normally wouldn't cause us to lose our cool. These anger pathways in the brain can eventually disrupt your work, strain your relationships, and even damage your health.

Written by anger management expert Ronald Potter-Efron, *Healing the Angry Brain* can help you short-circuit the anger cycle and learn to calmly handle even the most stressful interactions. You will learn which areas of your brain are causing your reactions and discover how to take control of your emotions by rewiring your brain for greater patience and perspective. This fascinating, scientific approach to anger management will yield long-term results, helping you develop greater empathy and put effective conflict resolution skills into practice for years to come.

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Editorial Review

Review

“A powerful application of recent brain science to the field of anger management. Get this book and pay attention to what it says.”
—Rich Pfeiffer, MDiv, PhD, director of Growth Central

“*Healing the Angry Brain* is as thorough a work on the neurobiology of anger as you will find anywhere. In addition to a comprehensive description of the biological and psychological functions of anger, it gives lots of practical advice on regulating anger in the context of a full and healthy emotional life.”
—Steven Stosny, PhD, author of *Love without Hurt, How Improve Your Marriage without Talking about It,* and *Treating Attachment Abuse*

“Psychotherapists are always asking neuroscientists, “How does understanding the brain help me to help my clients?” In *Healing the Angry Brain*, Ronald Potter-Efron provides an answer. Through a combination of clinical expertise and clear scientific information, he guides the reader to a better understanding of anger while providing a roadmap to relational and inner peace.”
—Lou Cozolino, professor of psychology at Pepperdine University

About the Author

Ronald Potter-Efron, MSW, PhD, is director of the anger management clinic at First Things First Counseling in Eau Claire, WI. He is author of many books about anger, including *Angry All the Time, Letting Go of Anger, Rage,* and *The Handbook of Anger Management*.

Users Review

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