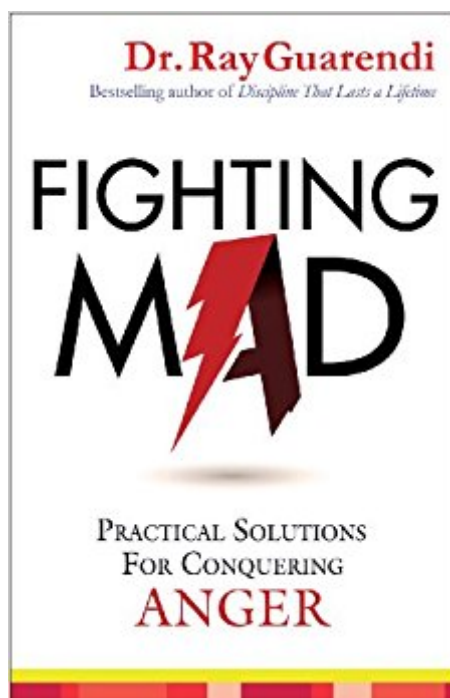


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# Fighting Mad: Practical Solutions For Conquering Anger



## Synopsis

How do you deal with anger and its emotional buddies? Parents, children, spouses, siblings, coworkers, even friends—we all struggle with situations where we experience feelings of anger. Dr. Ray cuts through psychobabble to present a realistic picture of anger and other emotional issues, and then offers practical solutions for overcoming them. The first chapters provide a basic understanding of anger and clears up common misconceptions, and each subsequent chapter focuses on a different aspect of anger. Most of the time anger and its causes are well within our control—and conquering those angry impulses are in our control, too. Let Dr. Ray show you how!

## Book Information

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## Customer Reviews

Dr. Ray Guarendi is the father of ten, clinical psychologist, author, public speaker, and nationally syndicated radio host. His radio show, "The Doctor Is In", can be heard weekdays on Ave Maria Radio, EWTN, and SiriusXM. Dr. Ray also hosts his own national television show, "Living Right With Dr. Ray". He has been a regular guest on national radio and television, including "Oprah", "The 700 Club", and "CBS This Morning". His first book, "You're a Better Parent Than You Think!", is now in its twenty-eighth printing. Other books include "Discipline That Lasts a Lifetime

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It was recommended to me to read this book, so I ordered it right away. I could only read one chapter a day because I truly was struggling with situations in my life and this book helped me to get through those struggles. By the time I got to chapter 5, I had to start "journaling" somewhat... by writing down questions, feelings & emotions that were very raw for me. After I finished chapter 14 I had to take a break, so a week went by. I began to read Chapter 15 titled "Fair or Life?" and on the top of page 86 that sentence hit me like a brick wall. I read it over and over again to the point of meditating on it. I no longer had to journal; I just read. And I finished the book (22 chapters in all, with a wrap-up at the end) in three more days. My anger has subsided... hopefully gone for good. I have learned how to manage my feelings & emotions, many of my questions were answered. I will re-read this book again in the near future to make sure that I understood that anger is an emotion that needs to be given over time and time again to God, to understanding, to realization... anger only kills me. I have ordered many more books to give them away to family members & friends who I know will benefit from reading it. I also got one for my local library, since I know they do not have one. Only 150 pages long, but packed with so much.

I heard about Ray Guarendi on Catholic Answers podcast. Ray Guarendi does a great job of explaining from how people label people who are "quick tempered" to what psychologist say to how to really identify what is making you angry and how it affects you and how to have practical ways to control it. After working for two years, to deal with the angry of a misuse of the judicial system, I found this book very helpful on helping me to identify why I was angry and how to take myself down instead of up. I have recommended this book to others who are going through things in their lives that generate angry feelings and they need help dealing with it. I will continue to recommend this book!

Dr. Ray covers anger, it's causes, and practical advice to help overcome negative effects. He doesn't shy away from common sense even when it's unpleasant.

Good book, but I felt as if it had a lot of unnecessary filler in it.

Awesome, helpful, insightful!!!! Cannot say enough about Dr. Ray's book. As usual he is full of practical advice for everybody!!!

Things you know and need to hear and things that are new that are never taught. Great Insight by Dr. Ray that I will carry from now on and I have already started to pass down to my kids.

He cuts through all the "psychological babble" and gets to the point in all his books. Great for anyone with on= going anger issues and really wants to deal with them and not keep using anger as an excuse for their behavior. Great -book as are all of his. LISTEN TO HIS SHOW ON EWTN TV AND RADIO.

This book helped and gave me some insight to my anger. I don't like myself at times and wish I could have done things different those times I lost control of my anger. I watch Dr. Ray on EWTN and I love watching, because it deals a lot with family.

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