



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

*Ronald Potter-Efron*

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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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A lot of people always spent their particular free time to vacation or even go to the outside with their loved ones or their friend. Were you aware? Many a lot of people spent their free time just watching TV, or maybe playing video games all day long. If you wish to try to find a new activity that's look different you can read a book. It is really fun to suit your needs. If you enjoy the book which you read you can spend the whole day to reading a guide. The book *Healing the Angry Brain: How Understanding the Way Your Brain Works Can Help You Control Anger and Aggression* it doesn't matter what good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. In the event you did not have enough space to develop this book you can buy often the e-book. You can more easily to read this book out of your smart phone. The price is not too expensive but this book features high quality.

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condition of this world now. This specific book was represented so why is the world has grown up. The words styles that writer value to explain it is easy to understand. The writer made some study when he makes this book. That is why this book acceptable all of you.

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