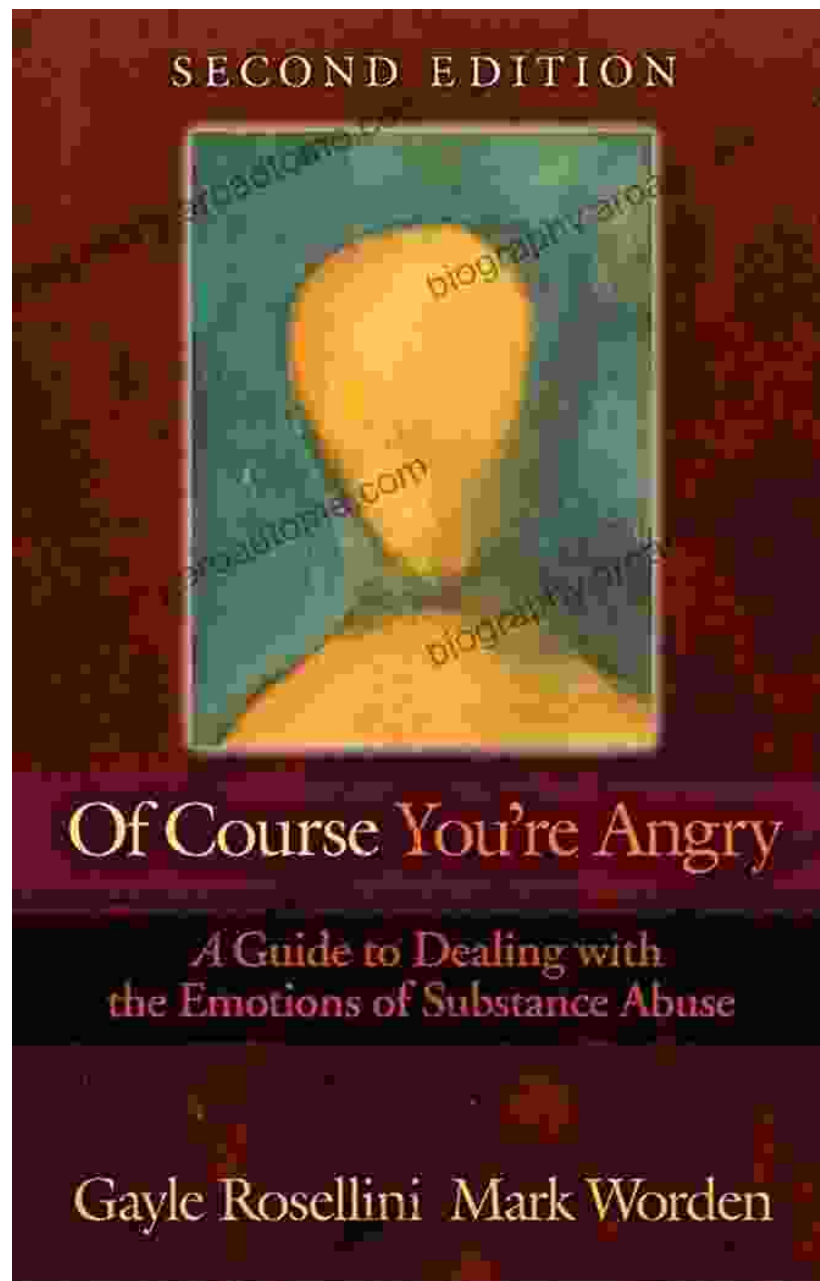
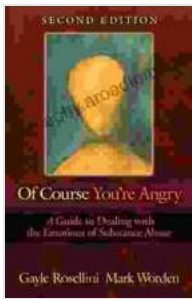


Of Course You're Angry: The Power of Understanding Your Anger to Improve Your Life

By John Gottman





Of Course You're Angry: A Guide to Dealing with the Emotions of Substance Abuse by Gayle Rosellini

★★★★☆ 4.1 out of 5

Language : English
File size : 1083 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 144 pages



In this groundbreaking book, renowned therapist John Gottman reveals the hidden power of anger and shows how to use it to create a more fulfilling life. Drawing on over four decades of research, Gottman argues that anger is not a negative emotion, but rather a powerful force that can be harnessed for good. When we understand and manage our anger effectively, we can use it to protect ourselves, set boundaries, and achieve our goals.

Gottman's research has shown that anger is a normal and healthy emotion. It is not something to be ashamed of or repressed. In fact, anger can be a valuable tool for protecting ourselves and our loved ones. However, when anger is not managed effectively, it can become destructive. It can lead to conflict, violence, and even physical illness.

Gottman's book provides a roadmap for understanding and managing anger effectively. He offers a variety of tools and techniques that can help you to identify your triggers, express your anger in a healthy way, and

resolve conflicts peacefully. Gottman also provides guidance on how to use anger to fuel your creativity and productivity.

Of Course You're Angry is an essential read for anyone who wants to understand and manage their anger. It is a powerful and practical guide that can help you to create a more fulfilling and meaningful life.

Table of Contents

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2. Understanding Your Anger
3. Expressing Your Anger Healthily
4. Resolving Conflicts Peacefully
5. Using Anger to Fuel Your Creativity and Productivity

Reviews

"Of Course You're Angry is a groundbreaking book that will change the way you think about anger. John Gottman's research has shown that anger is not a negative emotion, but rather a powerful force that can be harnessed for good. This book provides a roadmap for understanding and managing anger effectively. It is a must-read for anyone who wants to create a more fulfilling and meaningful life." - **Daniel Goleman, author of Emotional Intelligence**

"John Gottman is one of the world's leading experts on anger. In Of Course You're Angry, he shares his groundbreaking research and provides a practical guide for understanding and managing this powerful emotion. This book is a valuable resource for anyone who wants to improve their

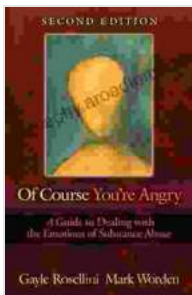
relationships, their health, and their overall well-being." - **Susan David**,
author of Emotional Agility

About the Author

John Gottman is a world-renowned psychologist and researcher. He is the founder and director of the Gottman Institute, a research organization that studies relationships and marriage. Gottman has written over 40 books on relationships and parenting. He has appeared on numerous television and radio shows, including The Oprah Winfrey Show, The Today Show, and Good Morning America.

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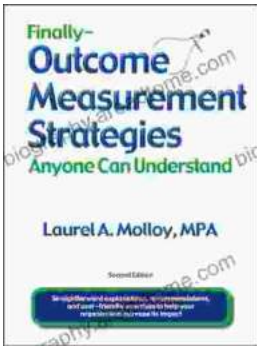
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