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~~Healing the angry Brain book~~

Healing the Angry Brain

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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."

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How to Heal the Angry Brain A new book reveals how understanding the way your brain works can help you control anger and aggression. By Jill Suttie | May 8, 2012 When I was a young adult in the 70's, everyone thought it was important for you to let your anger out and not keep it bottled up inside.

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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.

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“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.”

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Potter-Efron (*Angry All the Time*) is most helpful in suggesting ways to "rewire" neural pathways, including becoming more aware of bodily changes when you're angry and practicing deep breathing, muscle relaxation, and biofeedback. The process takes practice and patience; brain changes take six months to a year, Potter-Efron observes.

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Aggression By David Dwyer From The Book 1212-6107
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.

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