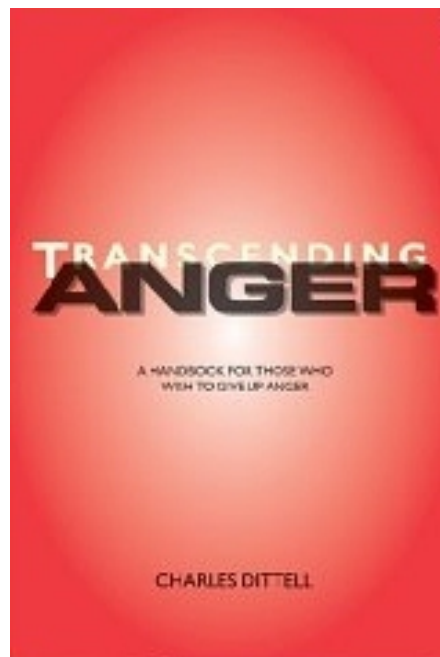




Transcending Anger: A handbook for those who wish to give up anger

Charles Dittell

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Most people go through life assuming they can't change how they react with anger. They assume that how and when they get angry is a "given," unchangeable. They further assume that "the situation" creates the response of anger. These assumptions are false.

When you understand how and why anger is experienced, you will have begun the process of letting go of anger. This book will give you the tools to finally understand and experience freedom from anger for the rest of your life.

Transcending Anger: A handbook for those who wish to give up anger Details

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From Reader Review Transcending Anger: A handbook for those who wish to give up anger for online ebook

Susan Barton says

From the start, I knew Transcending Anger was no ordinary self-help book. Author, Charles Dittell comes across as someone who practices what he preaches. The story in the book's opening chapter, The Cherokee Story of Two Wolves, had me hooked from the start.

Charles Dittell explains the difference between managing anger and transcending anger. Once you understand the difference, you'll see how much more advantageous and desirable the latter is.

Anger is a truly harmful emotion with a variety of negative results. When we react to frustrating situations with anger, we run the risk of experiencing a host of difficulties: health issues and illness, job loss (which in turn can affect our financial situation), relationship problems, and the very real possibility of reducing our chances of realizing our life goals. Transcending Anger addresses all of these negative aspects, and much more.

Transcending Anger isn't a long, drawn out, expensive manual. It's never boring or technical. It's a manageable, engaging and concise how-to booklet, which can be put to constructive use immediately. The worksheets are an invaluable resource to be used for personal assessment and progress tracking. Additionally, and despite the name, Transcending Anger isn't just for transcending anger either; Charles Dittell explains how once the techniques are implemented successfully, they can be easily used to transcend other negative behaviors.

Charles Dittell has also graciously included a thorough reference section at the end of the book, which contains an extensive list of additional resources, should the reader be interested in pursuing them.

I can't say enough about Transcending Anger. I'm so glad I found it. Charles Dittell certainly knows his stuff. He does an excellent job of clearly explaining how important, yet easy, it is to rid ourselves of the damaging effects of anger once and for all. Mr. Dittell uses an assortment of information to explain his techniques. Living a more positive, happy life is important for individuals, as well as for society as a whole. Transcending Anger gives us the tools needed to achieve this.

Keyayang says

Thank you Goodreads I'm really looking forward to reading this book it deals with an issue that I have had in the past and still have to deal with from time to time. I thank you Goodreads staff members and book writers for allowing me to win this book. I'm am sure I will benefit from this one as I have done the others.