



# What's Good About Anger? Fourth Edition: Putting Your Anger to Work for Good

*Lynette J Hoy, Ted Griffin*

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Most people believe that anger is a negative emotion from which no good can come. Many people think that anger should not be expressed and that such feelings are wrong. This book explores the emotion of anger and how anger--which is a part of the human experience--can be put to work for good. This FOURTH edition expands on emotional intelligence application, the physiology of anger and how to apologize while integrating the best anger management strategies. Learn about: • How to Rate Your Anger and Progress • Triggers for and Physiology of Anger • Anger's Many Faces • The Power of Anger • When Anger is Good • Defusing Anger by Managing Stress • Handling Anger Effectively • Anger and Assertiveness • Managing Conflict • Turning Anger into Forgiveness • When to Take a Break • Cognitive Distortions and Changing Thinking • How Emotional Intelligence Impacts Anger • Frequently Asked Questions

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