



Controlling Your Anger before It Controls You: A Guide for Women

Gregory L. Jantz Ph.D., Ann McMurray

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Are you tired of feeling angry?

Many things in life can make us angry: relationships gone bad, cross words between friends, difficulties with our parents, frustration with our children. But lingering anger usually hurts the one feeling it more than anyone else.

There's a better way. You can overcome your anger and use it positively in your life. Dr. Jantz shows you how to

- accept the truth of your anger
- examine where it comes from
- be honest about how you use it
- be open to change
- be willing to forgive--even yourself
- be willing to feel something besides your anger

With great compassion and honesty, Dr. Jantz can help you face your anger issues and move beyond them--for good.

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