



# Managing Anger and Irritation: A Toolkit for Men (Fix It)

*Kim Richardson*

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Product Description 'Anger is associated with a range of mental, physical and social problems, including depression, self-harm, strokes, heart disease, stress, social withdrawal and relationship problems. For men in particular, anger can result in aggressive behaviour. Men are less able to recognise and talk about angry behaviour in themselves or others, even though they are much more likely to worry about the strength of their angry feelings.' ('Boiling Point', Mental Health Foundation report, 2008) Yet anger itself may not be the problem, as it is a basic and vital human emotion. So how do we learn to recognise anger and express it in appropriate ways? 'Managing Anger and Irritation: A Toolkit for Men' explains the cycles or patterns of behaviour that angry men can easily get into. It then presents the tools that you can use to turn those cycles round. Whether you are stressed, depressed, unassertive or just plain overreactive, the emphasis is on taking effective action, based on sound and helpful thinking patterns. By doing this you will soon gain a sense of control in an area where at the moment you may be feeling trapped or powerless. The book is designed in a clear and lively way so that you can make the most of the advice. Each chapter has a statement of aims. There are 'case study' boxes, which are based on real situations that clients have shared in the author's own counselling practice. The 'Do it!' boxes are important ways of getting you to take the steps you need to make the changes you want. There are also learning logs, 'toolkit' summaries and lists of further resources. The author, Kim Richardson, is a successful counsellor, coach and author who has been working with men for over ten years. Chapter titles: 1 Key skills, 2 Own up - you're angry, 3 Understand your anger, 4 Take control, 5 Challenge your beliefs, 6 Deal with irritation and frustration, 7 Stop taking things personally, 8 Be assertive, 9 De-stress yourself 'Managing Anger and Irritation: A Toolkit for Men' is part of the FIX IT series. FIX IT is a practical, accessible, no nonsense series of books addressing men's needs. Written by an expert in the field, and using the principles of cognitive behavioural therapy (CBT), each book provides a toolkit for men to help them manage or overcome an issue that is affecting their lives. The series is based on two key beliefs: that men are different - they think about things differently and cope differently with challenges; and that men are also practical and resourceful, if only they had the understanding and the tools to do the job. FIX IT gives men the tools to make their life better. Review Kim Richardson's 'Managing Anger and Irritation: A Tool Kit for Men' is an accessible read and enlivening call to action for men who may be confused or troubled by their angry feelings. As a psychotherapist and clinical supervisor and as a man I fully endorse this book for its clarity and wisdom and will recommend it to my clients, colleagues and friends. James Agar, MSc., Psychotherapist Review "It's not news that many men have "issues" with anger. Unfortunately they often get stuck with these because people get too scared or too pessimistic to give them a helping hand. Kim's book cuts through that with a clear understanding of what's going on for men and practical strategies to find a way through the distress that underlies anger and the distress it can cause. If you work with men, know men or are one this book offers something real to grab onto - positive, clear and "firm but fair" advice." Neil Davidson - Men's Health Consultant

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