



# Uprooting Anger: Eliminating the Emotion that Kills

*Charles C. Cummins MS*

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2010 Benjamin Franklin Silver Award Winner by the Independent Book Publishing Association! Uprooting Anger is a guide to help you manage anger and work toward uprooting it and its related destructive emotions. If your fuse is short, your aggression high, your criticism sharp, your blaming personal, and your road rage unpublishable, this book is written for you. Anger has a poisonous effect on all our lives. On a personal level-in our families, work, communities, nation and world-anger permeates each of us. Anger creates distance away from people and generates a line of movement toward isolation and illness. It fractures leadership, feeds inefficiency, creates unhealthy alliances, and makes us sick. Our world is shadowed by images of anger and examples of how one person's anger can have a ripple effect across the globe. With the efficiency of a Swiss watch, technology can inundate us with a flood of cheap, easy-to-access hatred, judgment, violence and indifference. Anger may even kill us one way or another, because it's like a poison that we can either sip, gulp or (hopefully) choose to reject. In this book you will learn the following:

- \*Understanding the nature of anger
- \*The facts about anger
- \*How to extinguish anger's energy
- \*The mind, emotion and anger
- \*Moving toward happiness
- \*Goal setting and defining your north star
- \*Developing a toolbox of skills for overcoming anger
- \*The role of compassion in eliminating anger

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