

What if what we usually think of as a negative emotion is actually an opportunity for growth?

“Our greatest ability to influence others is through example. When you use your anger as the positive force it was meant to be, then your increased self-awareness, inner healing, and heightened sense of confidence and peace will affect both you and those around you in ways that may surprise and delight you. That is the power of anger properly used. It can be your power. Just open your gift, and you’ll see.”

—MARCIA CANNON, PHD,
author of *The Gift of Anger*



PHOTO BY KELLY MICHAEL CANNON

Anger is a response that happens to everyone, whether we’re responding to hurt, embarrassment, grief or stress.

In *The Gift of Anger: Seven Steps to Uncover the Meaning of Anger and Gain Awareness, True Strength, and Peace*, therapist Marcia Cannon, PhD, says that “While it can be misused, anger can give you courage, determination, and the willingness to set limits and take action.”

Cannon explains that anger is a natural, internal signal that illuminates an opportunity for healing and growth. *The Gift of Anger* explains how to recognize this signal, discover the deeper meaning behind anger, and change the relationships and situations that often lead to frustration and anger.

The Gift of Anger uses seven simple and effective steps to move past any level of anger, from mild irritation to rage, and toward a balanced approach to using anger for greater understanding and well-being.

Cannon explains that by learning to see anger as a gift with something to teach us we’ll be able to:

- Regain emotional balance after becoming angry
- Identify the unmet needs at the root of anger
- Create a plan for fulfilling those needs
- Extend forgiveness, understanding, and compassion to others and to ourselves

7 Steps to Uncover the Meaning of Anger and Gain Awareness, True Strength, and Peace

the
gift
of
anger

Marcia Cannon, Ph.D.

- One in three people say they have a close friend or family member who has trouble controlling their anger, and one in ten people say they have trouble controlling their own anger (British Association of Anger Management 2008).
- This book radically reconceptualizes anger as a valuable tool for guiding readers toward healing painful, unprocessed feelings. Readers learn to come to terms with difficult emotions and discover how to calmly handle provoking situations.

FOR AN INTERVIEW REQUEST or
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THE GIFT OF ANGER

7 Steps to Uncover the Meaning of Anger and Gain Awareness,
True Strength, and Peace

Marcia Cannon, PhD

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PHOTO BY KELLY MICHAEL CANNON

About the Author

MARCIA CANNON, PH.D., MFT, is a marriage and family therapist who has taught people how to use their anger positively for more than fifteen years. She lives in the San Francisco Bay Area and conducts talks and workshops on the gift of anger process for organizations and groups nationwide. For a current schedule of talks and workshops, or to have Cannon speak at your event, please e-mail marcia@giftofanger.com or visit www.giftofanger.com

THE GIFT OF ANGER

Seven Steps to Uncover the Meaning of Anger and Gain Awareness, True Strength, and Peace

MARCIA CANNON, PHD

Interview Questions

1. Many people view anger as a destructive or counterproductive emotion. In what way is it a gift?
2. Early in your book you describe the two phases of anger. What are they?
3. How do you recommend people respond to anger? For example, if you're at work and you're furious with your employer, what should you do to get through the emotion?
4. When you say that unmet needs are at the root of most anger, what do mean by that?
5. What is the difference between healthy or normal anger and unhealthy anger?
6. Please describe the "Gift of Anger Process."

Praise

"The Gift of Anger is a concise and easily followed guide to understanding and managing anger. By weaving together simple and graspable case examples and insightful broad principles Dr. Cannon shows us a way to enhance our emotional competence in an important domain..."

—**Frederic Luskin, PhD**, Director Stanford Forgiveness Projects, author of *Forgive for Good*

"Cannon's book is an invaluable tool for thoroughly and soulfully mining the experience of anger for all of its gifts of insight, depth, and growth."

—**Kathy Carlson, PhD, MFT**, psychotherapist, writer, and documentary filmmaker

"No anger is needed to benefit from reading this exceptional book. This is a manual written by a gifted therapist who looks at the positive effects anger can have on one's life."

—**Linda L. Haase, ABT, RM** is an Asian Bodywork therapist and Reiki master in Johns Creek, GA

"The Gift of Anger takes us by the hand and leads us step by step through one brilliant insight after another."

—**Belinda Gore, PhD**, leadership consultant and coach, director of The Enneagram Institute of Central Ohio, and president of The Cuyamungue Institute, Santa Fe, NM

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