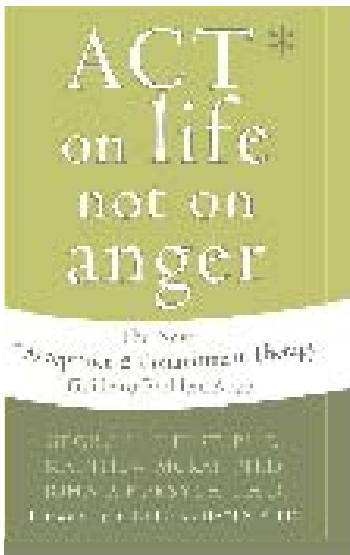


The Anti-Anger Management Book



There are dozens of anger management programs available to help the estimated 1 in 5 Americans who suffer from serious anger problems — good programs, filled with sound techniques. But what happens when these programs don't work? When the attempt to control and prevent anger leads only to more outbursts, more guilt, more pain?

ACT on Life Not on Anger teaches readers how to change their relationship to anger by accepting rather than resisting angry feelings and learning to make values-based responses to provocation. Rather than trying to control angry feelings, the authors urge readers to break away from coping strategies and techniques for control entirely. The book makes the radical proposal that anger can be left alone, that it does not need to be struggled with.

Most importantly, it suggests that anger doesn't need to be acted on, that it doesn't have to drive what we do as people. Instead of asking readers to struggle even harder with anger, this book helps them to drop the rope in their tug-of-war with anger using a new set of principles and techniques: Acceptance and Commitment Therapy (ACT, pronounced as a single word rather than letters.)

finding your way out of the “anger trap”

“You will learn how to reduce the suffering that anger has caused you and others by focusing your energies on the people and experiences that matter most to you. This book will teach you how to bring acceptance and compassion to your anger, your hurts, your pains, and your thoughts—and how to extend acceptance and compassion to others in your life. Doing so will defuse the sting of anger, soften its punch, and weaken its power to get you off track from the life you want to live. You can learn to have compassion for yourself and others, and you can find out and focus on what matters most to you; you can learn to live your values.”

— from *ACT on Life Not on Anger*

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Earlita Chenault, 510-652-0215, ext.142, earlita@newharbinger.com**

ACT on Life, Not On Anger: The Acceptance and Commitment Therapy Guide to Problem Solving
by Georg Eifert, Ph.D., Matthew McKay, Ph.D., and John Forsyth, Ph.D.

ISBN: 1-57224-440-2, \$15.95, 190 pages, 6 x 9
Published in March 2006 by New Harbinger Publications,
800-748-6273, www.newharbinger.com

About the Authors

Georg H. Eifert, Ph.D., is a licensed clinical psychologist and professor and chair of the department of psychology at Chapman University in Orange, CA. Dr. Eifert's previous books are *The Anorexia Workbook* and *Acceptance and Commitment Therapy For Anxiety Disorders*. He lives in the Los Angeles area.

Matthew McKay, Ph.D., is the clinical director of Haight Ashbury Psychological Services in San Francisco, CA, and a professor at the Wright Institute in Berkeley, CA. He is coauthor of *The Relaxation and Stress Reduction Workbook*, *Couple Skills*, *Self-Esteem*, and other books. Dr. McKay has a private practice and lives in Berkeley, CA.

John P. Forsyth, Ph.D., is associate professor and director of the Anxiety Disorders Research Program in the Department of Psychology at the University at Albany, State University of New York. He lives in Slingerland, NY.

Suggested Interview Questions

1. Exactly what is Acceptance and Commitment Therapy (ACT)?
2. Could you explain how ACT is better suited to treat problem anger than other modes of therapy?
3. What is the harm in trying to suppress angry thoughts -- shouldn't we try to control anger so that it doesn't get out of control?
4. Early in the book you debunk five anger myths. They are:

Myth 1: Anger and aggression are instinctual to humans.

Myth 2: Frustration inevitably leads to aggression.

Myth 3: Venting your anger is healthy.

Myth 4: Anger is always helpful.

Myth 5: A person's anger is caused by others.

Could you explain how each of these is untrue?

5. In Chapter 6 you talk about two kinds of acceptance: passive and active. Please explain the difference between the two?
6. In the book, you discuss the importance of acting in a kind and compassionate way toward others. How important is this, and why?

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What's Been Said about *ACT On Life, Not On Anger*

“Anyone who sees their anger as a struggle, as something to confront, suppress, control—or, worst of all, ignore—will find this book to be a gift of life and hope. The authors offer practical ways of understanding the problem and debunking the myths of anger, all with genuine acceptance and compassion. This feeling is translated into practical exercises which are easy to use, and most importantly, they really work! I have been fortunate to witness this in my own practice, even with clients with severe trauma histories and self-destructiveness. Use these techniques on your own, use them in therapy, but by all means use them and find a gentle path toward healing in the presence of anger.”

—Francis R. Abueg, Ph.D., founder and owner of Trauma Resource and former associate director for research for the National Center for PTSD at the VA in Palo Alto/Menlo Park, CA

“Empowering and compassionate, this book was written for people who struggle with anger and who find it hard to control their feelings of rage. The book describes a counterintuitive and extraordinarily insightful approach to living effectively with anger. In a lively and accessible voice, the authors describe scientifically based behavior therapy skills for letting go of our futile struggle to control anger and offer strategies to promote ‘responsibility’ for the one thing we can truly control: our actions. Through real-world examples, creative metaphors, and powerful experiential exercises, the reader learns to practice acceptance at even the most trying times. This book essentially is about love and freedom from unnecessary suffering—it teaches us to open up fully and to live compassionately with what is.”

—Laurie A. Greco, Ph.D., assistant professor in the Department of Pediatrics at Vanderbilt University Medical School and John F. Kennedy Center for Research on Human Development

“It is possible to find a place from which you can patiently and com-passionately ride a wave of anger as it rises and falls inside you and simultaneously choose to live a valued life with your hands, feet, and mouth. This book will show you how to do that with patience and compassion for yourself and others. If you regularly practice what it teaches, you will find yourself having more LIFE in your life.”

—Hank Robb, Ph.D., ABPP, past president of the American Board of Counseling Psychology

“Looking for another way to help your clients with their anger? *ACT on Life Not on Anger* is the book for you. This book adds significantly to the therapist’s options for helping clients cease battling their anger and the other vulnerable feelings it covers and instead come to terms with them as part of themselves and their lives without judgment, evaluation, and self-condemnation. This book helps people understand and accept the function of their own anger, the vital difference between feelings and actions, and the responsibility we all share to live our lives to the fullest, with respect and dignity even when we don’t “feel” like it. I have already begun using this work in my own practice!”

—L. Kevin Hamberger, Ph.D., professor of family and community medicine at the Medical College of Wisconsin

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