



“...if you think your anger is impressive or even a sign of your authority and importance, then you can just put this book down and go find some poor student driver to blow your car horn at.”

So says Dr. C. Peter Bankart, who has dealt with some tough anger cases over the years, men who have alienated their families and friends and don't realize why they inspire hatred instead of the respect that they feel is their due. But, says Dr. Bankart, for every blowhard who revels in his destructive behavior many more hate how their actions affect those around them. It's for these men that he wrote his new book. In *Freeing The Angry Mind* Dr. Bankart shows angry men exactly what their anger problem is costing them, and offers them a plan for change.

It's not just about “managing” anger. “There are a lot of positive ways to address the anger in your life,” says Bankart, “and all of them can have real value in helping you become more aware of strategies for bringing your anger under better control. On the other hand, just focusing on how to manage your anger leaves too many important questions unanswered. In most cases, simply managing anger doesn't get at the real, deep problem—that anger is a relentless invisible poison that slowly murders a person both physically and spiritually.”

Men & anger: it's killing you! “It does it in three main ways. First, it destroys their cardiovascular system. Second, it wrecks their immune system; and third, it effectively blocks the most important natural system that helps them recover from prolonged or excessive periods of hyperarousal.” (Hogan and Linden 2004; Richards, Alvarenga, and Hof 2000; Sapolsky 1998, 2004).

The link between anger and male depression. Particularly in men, anger and depression are biologically and psychologically nearly identical. As explained in *Freeing The Angry Mind*, angry men tend to create negative self-statements (Dua and Swinden 1992), and project them onto others. For example, experiencing a bout of anger towards his wife Steve may be feeling “I'm no good for her, she's better off without me” and then, as his anger escalates, project the thought into “*She* thinks I'm no good and that she'd be better off without me!”

Eventually, men who are chronically angry begin to believe their own negative self-talk all the time. According to Bankart, therapists working with depressed angry men often can't draw a line between where the anger ends and the depression begins, or vice versa. As Bankart puts it, “How many times can a person call himself a stupid son of a bitch before the idea begins to take on a life of its own?”

“When Dr. Bankart tells us that the only real cure for anger requires a man to ‘look into his own heart’ and ‘to come to terms with both his own suffering and the ocean of suffering that is in the world all around him,’ he is letting us know that he is thinking of the big picture, and so must we. Likewise he tells us that he has ‘written this book to help you save your soul.’ Refreshingly, the steps along this profound path are not that complicated and can be activated by those of us men who respond best to step-by-step instruction manuals rather than abstract goals.”

— **David B. Wexler, Ph.D.**, author of *Is He Depressed Or What?* and *When Good Men Behave Badly*

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
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**Freing The Angry Mind: How Men Can Use Mindfulness and Reason to Save Their Lives and Relationships
by C. Peter Bankart, Ph.D., ISBN: 1-57224-438-0, \$14.95, 6 x 9, 192 pages
Published in May 2006, by New Harbinger Publications, 800-748-6273, www.newharbinger.com**

Excerpt: Angry Men Welcome!

Here's a quick checklist to help you see whether this book has the potential to improve your life. How many of the following ten statements do you agree with, in some fundamental way?

- Anger is making a mess of your life.
- You want to live long enough to one day be able to hang out with your grandkids.
- You want to be the sort of person other people look up to and want to be like.
- Your definition of a hero is a person who can usually keep his cool under pressure.
- Your greatest rewards in life are living and loving well.
- You didn't get married with the hope that you'd get divorced too; you didn't have kids so you could see them only on alternate weekends.
- Nothing in this world can be or is more important to you than your family.
- You hope your kids will grow up wanting to be a lot like you.
- Your greatest possessions are your self-respect and your human dignity.
- You are unhappy that the people who love you also fear you.

WHY I WROTE THIS BOOK

In my thirty-five-year career as a psychologist and a therapist I have logged a lot of hours working with angry men and doing research on anger. In that process I have learned that angry men are hurting. Anger is a powerful and unhealthy emotion, and an angry life is one that is full of physical and emotional pain and frustration. I've also learned that anger is also almost completely unnecessary in everyday life.

The good news is that there are a lot of positive ways to address the anger in your life, and all of them can have real value in helping you become more aware of strategies for bringing your anger under better control. On the other hand, just focusing on how to manage your anger leaves too many important questions unanswered. In most cases, simply managing anger doesn't get at the real, deep problem—that anger is a relentless invisible poison that slowly murders a person both physically and spiritually. The simple but profound truth is that the only real cure for anger requires a man to look deeply into his own heart and come to terms with both his own suffering and the ocean of suffering that is in the world all around him.

The cure that I am offering is not designed only to help you realize how ridiculous you are when you lose your temper at work or on the road. And I'm not really interested in exploring your past or threatening you with dire consequences if you don't mend your ways. Instead, this therapy involves a kind of psychological open-heart surgery; it is based on a very deep conviction that angry men need to reawaken their sense of what it means to be a mortal human being—a being who lives in a world where everyone's very survival depends on his or her connections with other human beings. This cure asks you, in the most basic way you can imagine, to clear your mind, respect your physical being, and open your heart. The real key to this approach is for you to actively decide to refuse to be a creature of your own anger.

About C. Peter Bankart, Ph.D.

C. Peter Bankart, Ph.D., has been actively engaged in his profession as a psychologist since 1971. He received his Ph.D. from Dartmouth College in experimental personality research with a specialty in behavior therapy, and took a job at Wabash College in Crawfordsville, Indiana where he is a senior member of the faculty.

Dr. Bankart has lived in Japan for several years, taught at Waseda University in Tokyo, and has authored a textbook on the history of psychotherapy, *Talking Cures*, which was published by Brooks/Cole in 1997. In addition to teaching psychology, Bankart directed the student counseling service at Wabash, and has worked as a staff psychologist in a variety of mental health facilities in the United States and Japan.

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Raves for *Freeing The Angry Mind*

"This book is a treasure! Bankart has written a lovely and loving, practical guide for every man who has struggled with the experience and effects of anger. Compassionate and insightful, he offers constructive suggestions for transforming the energy of anger into a new way of engaging life. I recommend it most highly. Read it—and give it to a manyou love."

—**Michael J. Mahoney**, professor in the Graduate Department of Holistic Counseling at Salve Regina University and author of *Human Change Processes*

"This book is destined to revolutionize anger management theory and practices because of its unique and imaginative blending of Eastern and Western approaches to mastering anger among men. It is a clearly written guidebook filled with practical insights and exercises to control anger problems by integrating Eastern perspectives on consciousness and mindfulness and Western cognitive behavior techniques.... A winner!"

—**Anthony J. Marsella, Ph.D., DHC**, professor emeritus in the Department of Psychology at the University of Hawaii in Honolulu, and author of numerous books and articles in thee area of cultural and international psychology and psychopathology

"Bankart is an alchemist, combining approaches from three disparate areas—Buddhist philosophy, mindfulness, and cognitive therapy—into a comprehensive approach to dealing with destructive anger. The whole is greater than the sum of its parts, and the author displays his ability to engage the issue in a compassionate way. He doesn't just teach men how to "manage" their anger; he helps them to heal it."

—**Christopher Kilmartin, Ph.D.**, professor of psychology at the University of Mary Washington, the Fulbright-University of Klagenfurt Distinguished Chair in Gender Studies (Austria), and author of *The Masculine Self*

Suggested Interview Questions for **C. Peter Bankart**

- How do men's and women's anger differ?
- In your opinion, is men's anger more disruptive than women's? Why?
- What are the most common developmental factors that contribute to the likelihood a young man will grow up angry?
- Throughout your book you employ a very conversational, often times frank, voice. What was your hope in doing this?
- What would you recommend a third person (say a spouse or a friend) do to get the angry man in his or her life to recognize his problem?
- Are there any support groups for angry, or previously angry, men? Additionally, are there any techniques available for the "reformed" angry man to assist his still-angered peer?
- On average, how long does it take for men to begin benefiting from the exercises described in your book?
- Based on your experience as a counselor, what is the most effective way the "reformed" man can prevent a relapse?

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