

# ***Letting Go of Anger, the self-help classic, is now out in a second edition***

Do you find yourself distanced from family and colleagues because of unexamined anger? Are you concerned about the strain this puts on your relationships? Would you like help identifying and reflecting on your angry habits?

In the second edition of *Letting Go of Anger*, Ronald and Patricia Potter-Efron break down and define the eleven most common anger styles. Through thoughtful exploration of these various styles, the Potter-Efrons demonstrate to their readers effective ways to remedy the negative effects anger is having on their lives. With two new topics covered (one on "anger turned inward" and the other on "helpless fury") the Potter-Efrons expand their model of anger patterns, offering a more intensive investigation of anger to their audience to better assist those seeking help. In addition to the inclusion of two more anger styles, the authors also further elucidate the ways that anger can be beneficial if used mindfully. With this book readers can expect to:

- Better recognize and respond to the triggers of their anger
- Expand their ability to effectively communicate their needs to those around them
- Use their anger as motivation for positive change
- Gain self-confidence

**Ronald T. Potter-Efron, MSW, Ph.D.**, is a psychotherapist in private practice in Eau Claire, WI, who specializes in anger management. He is author of *Angry All the Time*.

**Particia S. Potter-Efron, MS**, is a clinical psychotherapist at First Things First Counseling Center in Eau Claire, WI.

"The Potter-Efrons continue to capture the essence of anger through their anger styles. By understanding the eleven anger styles and how they relate to each of us in a personal way, we gain insight that can unlock our own chains of anger. The Potter-Efrons have generously provided the tools to help break away from the most hardened of anger styles. Their guidance and experience will give each of us the opportunity to begin our journey on a path towards emotional freedom."

—**V. William Blount, MS**, author of *Healthy Anger*

"This book offers detailed, yet accessible, descriptions of anger styles, followed by easy-to-understand alternative to healthier expressions. Anyone who wants to examine their anger will be able to find themselves in this book."

—**Susan C. Turell, Ph.D.**, counseling psychologist working with survivors of sexual and physical violence.

*Letting Go of Anger, 2nd Edition: The Eleven Most Common Anger Styles & What to Do About Them*  
by Ronald T. Potter-Efron, MSW, Ph.D., & Patricia S. Potter-Efron, MS, Published in August 2006  
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## 10 Suggested Interview Questions

1. Exactly what is anger, and how does it differ from "anger styles?"
2. How many anger styles are there, and what are their characteristics?
3. Is any segment of society susceptible to one (or more) anger styles in particular?
4. In the book you refer to the notion of "healthy anger." What is healthy anger, and how can it be put to use?
5. More specifically, what are some of the benefits of each anger style when correctly applied?
6. In your experience as a psychologist, is one anger style potentially more harmful to relationships than the others? If so, how?
7. The concept of "anger styles" presents an informative, approachable analysis of anger. Where did the concept come from?
8. When dealing with patients, what is the most common difficulty in helping them get a hold on their anger?
9. After the successful application of the methods presented in your book, what can one do to maintain a healthy relationship with his or her anger?
10. In this second edition of *Letting Go of Anger*, you more thoroughly develop the anger-fear connection. What are some of the connections between these two emotions?

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