



Mind-Body Workbook for Anger: Effective Tools for Anger Management and Conflict Resolution

Stanley H. Block, Carolyn Bryant Block

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Do you have trouble controlling your anger? Have you lost friends, loved ones, or even found yourself in trouble with the law because you regularly lose your temper? If you have tried regular anger management therapy but haven't been able to make any real, lasting changes in how you deal with your emotions, you should know that there are other treatment options available that can help.

With the **Mind-Body Workbook for Anger**, physician Stanley Block and Carolyn Bryant Block present their third workbook utilizing the innovative and successful mind-body bridging therapy. Proven-effective in both clinical and research settings, the easy-to-use self-help exercises in this book will teach you to stop identifying with angry thoughts and feelings, while allowing your body to relax and let go of unconscious tension. In this natural resting state, body and mind are both able to naturally heal and let go of habitual anger issues.

If you are looking for something new, beyond typical anger management classes, to help get your emotions under control, this book will give you the skills you need to make lasting change. To find out more about mind-body bridging, visit bridgingforlife.com

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