

Overcoming Destructive Anger Project Muse

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In *Overcoming Destructive Anger*, psychologist Bernard Golden, an anger management specialist, offers concrete tools for turning destructive anger into healthy anger. Dr. Golden draws on both compassion-focused therapy—a model for change that encompasses and expands on cognitive behavioral therapy, mindfulness, and practices in compassion and self-compassion—and theories of emotional intelligence.

Project MUSE - Overcoming Destructive Anger
Overcoming Destructive Anger Golden, Bernard Published by Johns Hopkins University Press Golden, Bernard. Overcoming Destructive Anger: Strategies That Work.

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Project Muse. Subjects. Emotion-focused therapy. Emotional intelligence. Anger. Genre. Electronic books. Series. Book collections on Project MUSE. Summary "Readers will be drawn to this book because their lives have been affected, even devastated, by anger.

Overcoming Destructive Anger Strategies That Work - JH ...
In *Overcoming Destructive Anger*, psychologist Bernard Golden, an anger management specialist, offers concrete tools for turning destructive anger into healthy anger. Dr. Golden draws on both compassion-focused therapy—a model for change that encompasses and expands on cognitive behavioral therapy, mindfulness, and practices in compassion and self-compassion—and theories of emotional intelligence.

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"Dr. Golden explains how anger develops and is sustained, and why self-hatred lies at the core of many chronic anger problems. Combining clear descriptions with valuable exercises, *Overcoming Destructive Anger* focuses on helping readers develop self-compassion and use mindfulness meditation in overcoming their anger issues."

Reviews | Johns Hopkins University Press Books
PART II. Using Mindfulness and Self-Compassion to Overcome Destructive Anger 5. Cultivating Self-Compassion 6. Mindfulness and Self-Compassion for Your Body 7. A Framework for Understanding Anger 8. A Tool for Exploring Anger Arousal 9. Mindfulness and Self-Compassion for Your Feelings 10. Mindfulness and Self-Compassion for Your Thoughts 11.