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The “Anger Management for Everyone: Seven Proven Ways to Control Anger and Live a Happier Life” is a charming book if you want to help people who have anger problems. Raymond Chip

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Tafrate PhD and Howard Kassinove PhD ABPP are the authors of this book. This is a great book to help you understand your anger better and to give you ways to manage it. This is a very practical guide to two things first, understanding what anger is, and second, managing it in a way that minimizes its ...

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He has co-authored two books about anger: Anger Management: The Complete Treatment Guidebook for Practitioners (2002, Impact Publishers) and Anger Management for Everyone: Seven Proven Ways to Control Anger and Live a Happier Life (2009, Impact Publishers). APA recently asked Dr. Kassinove the following questions about anger.

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