



# When Chicken Soup Isn't Enough: Managing Your Anger in an Increasingly Angry World

*Bradley P., Ph.D. Barris*

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Anger is the most important psychological problem confronting the world today. This book, devoid of "psycho-babble," addresses the real world needs of individuals struggling to manage their anger. Once the origins of anger are explained, readers are given tools to help them choose an emotion, other than anger, that helps them be more assertive, helps them solve life's problems, and results in their being better parents and experiencing richer, more satisfying relationships. Exercises throughout the book are designed to help readers apply principles to their everyday experiences with anger.

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