



The Anger Fallacy: Uncovering the Irrationality of the Angry Mindset

Steven Laurent, Ross G Menzies

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A life without anger is attainable — if you understand The Anger Fallacy.

Anger is everywhere — behind everything from road rage to wrap rage, domestic violence to international conflicts. People cling to their anger, as a tool of influence and a driver of revenge. But is anger really ever useful? And can we learn to overcome it?

In this entertaining and ground-breaking book, two of Australia's leading clinical psychologists take a radical approach to anger management, exploding the irrational beliefs that fuel this noxious and misunderstood emotion. Through numerous examples from popular culture and the consulting room, and with a sizable dose of humour, the authors show how to combat anger by substituting empathy and understanding for righteous angry judgments. Along the way, readers will learn a new way of viewing people and their actions that is at once powerful and serene.

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