

Overcoming Destructive Anger Project Muse

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Bernard Golden, PhD, *Overcoming Destructive Anger* **Book Trailer: Overcoming Destructive Anger: Strategies That Work The Subtle Art of Not Giving a F*ck (complete version) | Audio book Lena Hall Obsessed: Muse – “Ruled by Secrecy” Anger Management: Overcoming Destructive Anger Shrink Rap Radio Video Preview of Dr. Golden on Overcoming Destructive Anger**

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The Secret Life of Emily Dickinson

Ralph Waldo Emerson: The Conduct of Life - Power (Audiobook) **222 Overcoming Destructive Anger – Golden 222 Overcoming Destructive Anger – Golden**

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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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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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Facing Fear Project Muse

"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.

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