

Anger Management Mp3 Audio Book How To Control Your Anger



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We see these angry people on TV all the time. The husband and wife, arguing while they're washing dishes, who end up smashing plates full of food all over the kitchen. The angry teenager screaming I hate you! at his parents while he smashes his cell phone into the wall and then runs to his room and slams the door. Even young children get into the act, stomping on toys and throwing tantrums left and right. And then someone usually says something funny, the audience laughs, and the whole incident is forgotten. What they don't show you on TV is that someone has to clean up that mess in the kitchen. And someone has to pay to replace the plates. They don't show you that the reason the teenager thinks it's OK to scream and destroy his cellphone is because he watches his parents act the same way. And they don't tell you that the reason the toddler is so angry is because everybody else in the house is always screaming and throwing things. What they don't show you on TV is all the harm anger can do. It has lasting effects on everyone around you. The toddler who is standing in the doorway witnessing the plate-throwing incident between mommy and daddy is learning that, when you're angry, it must be OK to scream and throw things. Mommy and daddy do it. And it must be OK to call people names mommy and

daddy do it all the time. On TV you don't get to see that same toddler, a few years later, physically attack their third grade teacher or try to poison their fifth grade teacher because they didn't like the grade they got on the math test. You don't get to see that same toddler grow into an angry teenager who takes a gun to school or the mall. All you see on TV is that someone gets angry and that it's OK to violently express that anger...and then everyone laughs. In real life, it's pretty easy to recognize when someone we know at work or school, or even just an acquaintance, has a problem with anger. They yell a lot, they throw things, they stomp their feet, they call you names and say terrible things to you, they behave irrationally, sometimes even putting themselves or someone else in danger. Unlike TV, though, the things they say to you are not funny. They're often very hurtful, things that they would never consider saying if they weren't so angry. Things that they apologize for later, but that can never be taken back or forgotten. Their actions aren't funny, either. Breaking plates and destroying property shows a lack of respect, not an appreciation of comedy. In fact, a lot of times, their actions are threatening. Imagine what that toddler in the doorway must really feel. I doubt she's laughing at all the fun mommy and daddy are having. More likely, she's frightened, which means she feels threatened. We see these angry people every day and we tend to shy away from them. There's no telling what will set them off and we certainly don't want to be around the next time their violent temper erupts. But what if these angry people are right in your house? What if you can't get away from them? Worse yet, what if the angry person is YOU and you just don't realize it? What if YOU are the reason your entire household is always so upset and everyone you love is angry themselves? Too often we look for scapegoats, we look to others to blame for our bad choices because its difficult to accept that we ourselves may be the problem. The way I look at it, when the same issues continue to arise, when you often find yourself at the center of turmoil in your personal and professional life and you always arrive at the same outcome, for example your co-workers keep their distance from you and you find the same is true at home and your spouse and family do the same thing then perhaps the problem isnt purely coincidental. If you find that you keep getting the same outcomes and reactions from people in your life, then it could be you. Its what youre doing that youre not aware of. This should be a wake up call that you need to change. The sooner you can recognize this in yourself and that you need to change, the quicker youll have your life back on track. Thanks for your interest in this item. To claim your FREE Gift of 5,200 PLR Reports and more great bargains please visit bargainhunterwarehouse.com

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