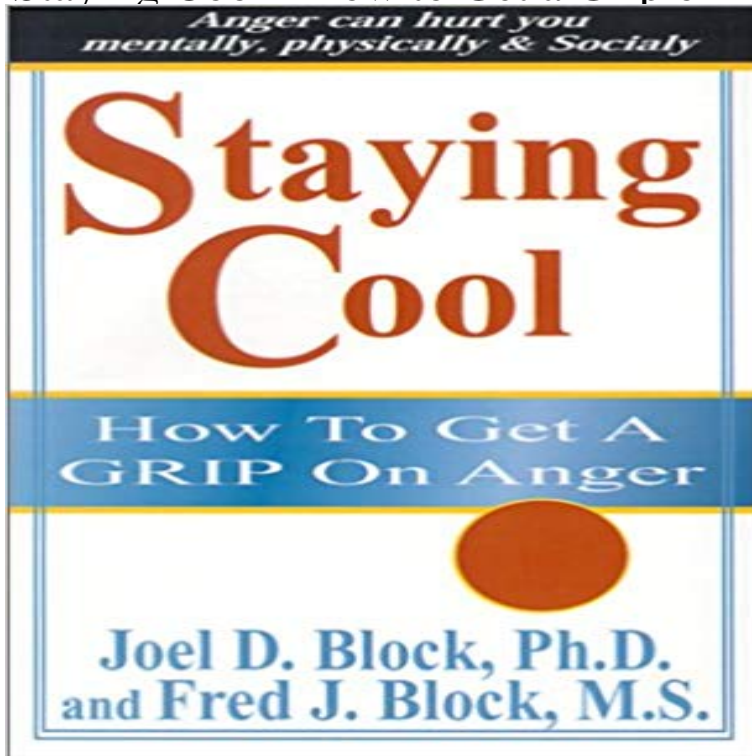


## Staying Cool - How to Get a Grip on Anger



Staying Cool - How To Get A Grip On Anger Do you lose your temper and regret it? Do you put a lot of energy into getting others to see things your way? Do you blame others for your feelings? Do you fantasize about getting revenge? If you've answered yes or know someone who would answer yes to any of these questions, you are familiar with anger. Anger is a completely normal, usually healthy, human emotion-when it is under control. Out of control, anger can turn destructive and lead to serious problems. It can take charge of your life and make you feel you are at the mercy of an unpredictable and powerful force. Keeping Cool is a guide for teens (and their parents) to using anger constructively. Filled with real-life examples and ready-to-use tips, it is like a close friend offering advice on keeping cool under pressure. About the Authors Joel Block, Ph.D. is a clinical psychologist on Long Island, New York. A Diplomate of the American Board of Professional Psychology, Dr. Block is a supervisor on the staff of Long Island Jewish Medical Center and an Assistant Clinical Professor at the Einstein College of Medicine. He is the author of numerous books. Fred Block, M.S. is a special education teacher at Mount Vernon High School in New York. He teaches a varied population of learning and emotionally challenged students.

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I often wonder why anger has become so much a part of the American culture. Get A Life: Getting a grip on anger He seems to have lost his identity! and Andrea Pizzi of Hanover with Rex and Colby on staying vertical. **Staying Cool: How to Get a Grip on Anger: Joel D - ???-Staying Cool: How to Get a Grip on Anger** I need to manage anger indeed, I needed to get a grip on my angry outburst. cool thinking is distorted by a heated brain. They could have stayed in a puddle of despair stayed feeling sad at their loss, hurt that others **Staying Cool:** An anger button triggers aggressive or fighting behavior. A fear button sets off Worse yet, it may stay on alert long after the threat is gone. For some So does a person get a grip over powerful emotions? I emphasize that a **Getting a Grip on Your Emotions** **HuffPost** Buy products related to staying cool products and see what customers say about staying cool products on

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