

“Some people can’t control their anger, other people can’t begin to express it.  
Either way, Mike can help” – Evening Standard

# Beating Anger

The Eight-Point plan for coping with **rage**

Published by Rider, 10<sup>th</sup> March 2005, £7.99

---

ROAD RAGE?

ANOTHER DOMESTIC?

HATE YOUR BOSS?

TEENAGE CHILDREN?

TUBE RAGE?

ANOTHER QUEUE?

We seem to have become angrier than ever, submitted to constant stresses from which we need to find a release. Any of the everyday situations above can make our blood boil and result in anything from a mild argument to an upsetting and damaging outburst. Mike Fisher’s groundbreaking book BEATING ANGER draws on his years of experience in anger management to show us how to understand and cope with modern life without giving in to anger.

The subject of anger has been left unaddressed for too long – a taboo in a society which prefers to close its eyes to the anger within it and which perceives a temper as an innate and incurable characteristic. As Mike writes,

**‘There is much confusion about what anger is. Anger is a feeling – nothing more and nothing less. It is no more inherently good or bad than any other feeling. We are born with anger in the same way that we are born with fear, joy and sadness. The only difference is that anger can be without a doubt the most volatile, destructive, uncontrollable feeling of the lot and that it has had the worst press.’**

BEATING ANGER teaches us to turn anger and passive aggression into a positive force. The key is first to understand the personal factors behind our anger, which often stem back to distant regressed events – the emotional baggage we carry which can still touch a nerve. Once these personal factors have been set against an understanding of the reasons behind the rise in anger in society as a whole, we can begin to beat anger and put in place a network of

support. Mike has created the Eight Golden Rules of Anger Management which can be applied to each individual situation in order to beat anger for good:

- Back off, stop, think, take a look at the bigger picture
- It's OK to have a different opinion
- Listen
- Use your emotional support network
- Keep an anger-management journal
- Don't take anything personally
- Let go of expectations
- Anger by appointment only – wait, find a moment when your anger will be considered and appropriate

BEATING ANGER is written for parents of difficult children, teachers, hospital workers, therapists - indeed people in any domestic or professional situation who suffer with anything from a temper to pent-up rage or full-blown anger which is hurting those around them. This major new book far surpasses the realm of self-help to address a universal problem which is affecting every sector of our society.

### **ABOUT THE AUTHOR**

Mike Fisher is the founder of the British Association of Anger Management (BAAM). Trained in counselling, psychotherapy, facilitation skills and anger management, he has helped thousands of individuals over the past 17 years achieve clarity and maturity. Highly experienced in the media, Fisher runs workshops in the UK, Ireland, South Africa and in the United States.

For more information about BAAM, visit

**To request a review copy or to discuss an interview with Mike or possible features on anger management, please contact Ed Griffiths on 020 7840 8628 or email [egriffiths@randomhouse.co.uk](mailto:egriffiths@randomhouse.co.uk)**