



Outsmarting Anger: 7 Strategies for Defusing Our Most Dangerous Emotion

Joseph Shrand, Leigh Devine

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Surefire strategies for transforming anger in yourself and others In this must-have resource, Dr. Joseph Shrand offers seven innovative yet remarkably uncomplicated strategies to help turn powerful anger impulses into positive, success-oriented actions. These brain-based techniques teach you how to recognize the many forms of anger we all experience, and how to tap into your brain's very own anger absorption zone *the prefrontal cortex*. Dr. Shrand also explores the ways these techniques can be used to harness the anger of others. When we learn to recognize and defuse the anger response of any individual, we improve our chances for success in every aspect of life.

- Explains how the power of anger can be turned into much more productive behaviors
- Outlines 7 simple strategies for outsmarting the lizard brain and the primitive limbic system
- Published in partnership with Harvard Health publications, a division of Harvard Medical School

Outsmarting Anger helps you manage and decrease not only your own anger, but the anger of people around you so everyone can be more successful.

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Emotion can be your new friend when you're sense alone and confuse in what must you're doing of the time.

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