



The Angry Book

Theodore I. Rubin

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Don't get even -- get mad, and get over it!

When your love life is boring, maybe you don't fight enough? When sex leaves a person cold, is frozen anger the problem? If you work too much, eat too much, drink too much, is it because you are afraid to get mad? Did you ever think of your anger as something constructive?

When you lose your temper honestly, it can be good for you. In this perennially bestselling book, eminent psychiatrist and bestselling author Dr. Theodore Isaac Rubin shows how one of the most powerful human emotions can change your life. Suppressed or twisted anger can lead to anxiety, depression, insomnia, psychosomatic illness, alcoholism, frigidity, impotence, and downright misery. But understanding and releasing anger can lead to greater health, happiness, and emotional wholeness.

Let Dr. Rubin show you how to be what you are: a human being.

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