

When counting to 10 doesn't cut it any more...



Anger is a normal emotion, and most of us experience anger in appropriate ways at appropriate times. But for some, this is not the case. Those who have the kind of anger that regularly rages out of control—or have a partner like this—need to get help.

James A Baker, one of America's leaders in the field of corporate training and a Certified Anger Resolution Therapist, has assembled a workbook to help rageaholics change *now*. **The Anger Busting Workbook: Simple, Powerful Techniques for Managing Anger and Saving Relationships** (www.bayoupublishing.com, \$14.95 paperback) is designed as a companion to Newton Hightower's award-winning, bestselling book, *Anger Busting 101: New ABCs for Angry Men and the Women Who Love Them*, which details simple ways anyone can end the destructiveness, and turn their life around.

“Instead of rummaging through your childhood to find explanations for your anger, and instead of having deep discussions in the middle of the night with your wife trying to help her understand why you have a good reason to be angry,” explains Baker, “you need to just stop doing those things that are causing everyone so much pain in the first place.” Yeah, right, you're thinking. It's not that easy.

But, just as an alcoholic must immediately abstain from all drinking, a rageaholic must abstain from expressing anger. Going “cold turkey” means the rageaholic must stop many automatic behaviors, including • stop speaking • stop staying • stop staring • stop interrupting • stop cursing and • stop pointing. These are all explained in detail in **The Anger Busting Workbook**,

“Yeah, we know. You don't have an anger problem. You are just surrounded by idiots and incompetents. Your kids are lazy and disrespectful; your wife is constantly whining and complaining about something; your boss couldn't manage his way out of a paper bag; and the freeway is packed with morons.... You didn't get up this morning intending to punch a hole in the wall or call your daughter all those awful names or shove your wife into the coffee table. People are always blaming stuff on you and you are hardly ever the one who starts it.” *

Quickly learn how to:

- STOP anger, without having to analyze it to death
- Cut the fuel line to your anger in six simple steps
- Put a sock in it—it's OK to simply shut up
- Use body language to put the brakes on anger in less than 60 seconds
- Master words and phrases PROVEN to get you out of the doghouse
- Create happier endings for the same old arguments

“Clear, simple, common sense answers for anyone who is searching for help in their battle with anger addiction.”

~ from the book's Foreword by New York Times bestselling author John Bradshaw

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along with an additional ten things to stop doing immediately. And this is just the first step toward ending negative behaviors and learning positive ones to use instead. As Baker explains, “The quickest way to end a tug of war is to let go of your end of the rope.”

Happily, the proven techniques in **The Anger Busting Workbook**—including 51 Anger Busters that can be used anytime, anywhere—can be put into action *now*. The approach has already helped thousands of men save their relationships and turn their lives around. Part I of the book is for men (who generally have a greater problem with out-of-control anger); Part II is for the women who love them and are willing to help them change.

“We like to remind people that recovery is process, not an event, meaning that rageaholics must work on their anger control issues every minute of every day, week, month after month, year after year. They have to keep *choosing* to not lose control over and over again,” Baker stresses. But, with the help of this workbook and the support of their partner, it can be done.

The Anger Busting Workbook

Simple, Powerful Techniques

for Managing Anger and Saving Relationships

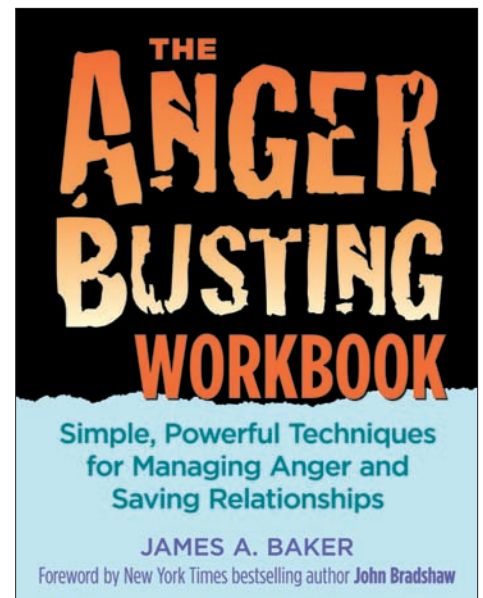
by James A. Baker

216 pages • 6" x 9" • Appendix: Leading Involuntary Anger Management Groups • Notes • Recommended Resources and References • Index

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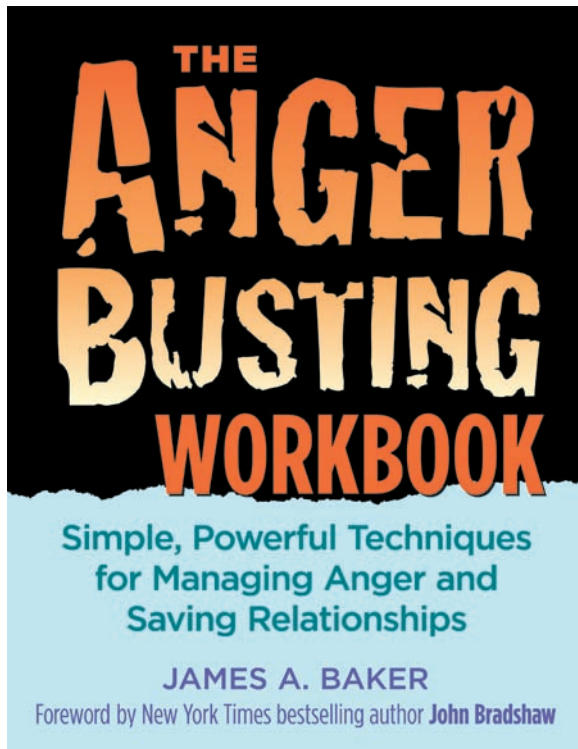
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A Sampling of Praise for *THE ANGER BUSTING WORKBOOK*



“This workbook helps men change. Use it. It will work.”

—BILL O’HANLON, author/co-author of
21 books
including *Thriving Through Crisis*

“The *Anger Busting Workbook* is for anyone approaching the boiling point. A fascinating bestseller. I feel like you’ve been peering over my shoulder.”

—FRANK DOBISKY, CEO
Dobisky Associates, Media Relations for
Higher Education

“Recommended for all mental health professionals. Break through the rigid blind spots of addiction to rage.”

—MARIAN YEAGER, Ph.D.
Enete and Yeager Psychological Services,
Inc.

“Too many self-help books are long on theory and short on practical, simple solutions. Jim Baker has put together real help and hope for people at the end of their rope.”

—TIM SANDERS, Chief Solutions Officer of Yahoo
Bestselling Author of *Love Is the Killer App*

“Anger is a cruel and dangerous master. Jim Baker performs an important service by helping people overcome self-destructive anger.”

—RAMSEY CLARK
Former U.S. Attorney General

“The principles and exercises in *The Anger Busting Workbook* offer clear, simple, common sense answers for anyone who is searching for help in their battle with anger addiction.”

—JOHN BRADSHAW
Author of New York Times Bestselling *Healing the Shame that Binds You*

“A much needed and practical tool for helping angry men. Women with rageful partners cannot do without this invaluable workbook.”

—SAM J. BUSER, Ph.D.
Past-President, Texas Psychological Association

— over —

... *more praise* ...

“Jim Baker’s *The Anger Busting Workbook* is the perfect guide for saving raging relationships.”

—ANN RICHARDS
Governor, State of Texas

“Anger Problem? If you find yourself in a hole stop digging and read this book”

—BOB BRADLEY
Author of *Living with Manic Depression*

“Extremely valuable for partners of angry men.”

—HARVEY B. ARONSON, Ph.D., MSW
family therapist, trainer, author

“Full of specific suggestions, this down-to-earth approach can help you handle anger and conflict in all kinds of relationships.”

—DANIEL SONKIN, Ph.D.
Author of *Learning to Live Without Violence: A Handbook for Men*

“This workbook is full of life-impacting tools. It should be required for all therapists who attempt to assuage anger and ameliorate interpersonal relationships.”

—HARVEY ROSENSTOCK, M.D., F.A.C.P., Clinical Assoc. Prof. of
Psychiatry & Beh. Sciences, Univ. of Texas Med. School, Houston, TX,
Co-author, *Journey Through Divorce*

Addicted to Anger? Find Out.

If you are an anger addict, expressing anger will not do anything but cause more pain and get you deeper into the doghouse. So, the question is: are you an anger addict? Let's find out. Answer the following questions as "true" or "false." Be more honest and more courageous than you have ever been.

Anger Self-Assessment Test

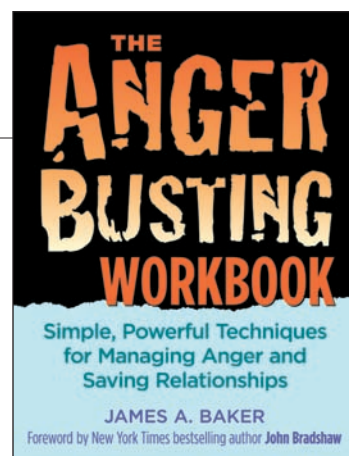
- T F 1. I've had trouble on the job because of my temper.
- T F 2. I fly off the handle easily.
- T F 3. I don't always show my anger, but when I do, look out.
- T F 4. I still get angry when I think of the bad things people did to me in the past.
- T F 5. Waiting in line really annoys me.
- T F 6. I often find myself engaged in heated arguments with the people who are close to me.
- T F 7. I sometimes lie awake at night thinking about the things that upset me during the day.
- T F 8. When someone says or does something that upsets me, I don't usually say anything at the time, but later I spend a lot of time thinking of cutting replies I could and should have made.
- T F 9. I find it very hard to forgive someone who has done me wrong.
- T F 10. I get angry with myself when I lose control of my emotions.
- T F 11. I get aggravated when people don't behave the way they should.
- T F 12. If I get really upset about something, I have a tendency to feel sick later (frequently experiencing weak spells, headaches, upset stomach or diarrhea.)
- T F 13. When things don't go my way, I "lose it."
- T F 14. I am apt to take frustration so badly that I cannot put it out of my mind.
- T F 15. I've been so angry at times I couldn't remember what I said or did.
- T F 16. Sometimes I feel so hurt and alone that I've thought about killing myself.
- T F 17. After arguing with someone, I despise myself.
- T F 18. When riled, I often blurt out things I later regret saying.
- T F 19. Some people are afraid of my bad temper.
- T F 20. When I get angry, frustrated or hurt, I comfort myself by eating or using alcohol or other drugs.
- T F 21. When someone hurts me, I want to get even.
- T F 22. I've gotten so angry at times that I've become physically violent, hitting other people or breaking things.
- T F 23. At times I've felt angry enough to kill.
- T F 24. People I've trusted have often let me down, leaving me feeling angry or betrayed.
- T F 25. I'm an angry person. My temper has already caused lots of problems, and I need help changing it.

Determining your score: If you answered true to 10 or more of these questions, you have a problem with anger that needs to be addressed immediately. You need help NOW! If you answered true to 5 questions, you are above average in your angry feelings, but learning some anger management techniques can make you happier.

Note: There are many myths about anger that may make it harder to change habits and behaviors. There may also be a question as to whether you are a real rageaholic. You don't have to wait for the results of a test nor wait for the next interpersonal crisis. The principles and techniques discussed in **The Anger Busting Workbook** can also be applied to make most marriages more rewarding, regardless of the amount of rage in the relationship. The straightforward method helps you develop successful strategies for dealing with people who have had it with your rageful behavior. Good luck!

To learn the basics of the first set of rules, see the other side.

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It can happen to anyone. You get Mad, really mad. Then things start happening. The shouting starts. Doors get slammed. Something gets broken. Someone gets hurt.

It's time for a change.

Don't resort to **A**nger, **B**lame and **C**riticism. Instead, try practicing the *new ABCs* - **A**bstaining, **B**elieving and **C**ommunicating. Baker shows you how to put you in control of anger and back in charge of your life right NOW.

FOR RAGEAHOLICS

Abstain from these behaviors when you are angry:

- # 1. Stop speaking when angry.
- # 2. Stop staying when angry.
- # 3. Stop staring when angry.
- # 4. Stop interrupting—no matter what.
- # 5. Stop cursing—completely stop, no matter what.
- # 6. Stop name-calling, no matter what.
- # 7. Stop threatening.
- # 8. Stop pointing.
- # 9. Stop yelling, raising your voice, or talking in a mean tone.
- #10. Stop being sarcastic. Stop mocking.
- #11. Stop throwing things, slamming doors, or banging walls.
- #12. Stop all non-affectionate touching.
- #13. Stop telling “hero stories.”
- #14. Stop sighing, clucking, or rolling your eyes.
- #15. Stop criticizing. Stop lecturing.

*As an added measure,
Stop speeding.

FOR PARTNERS

Abstain from these comments:

- # 1. “Go ahead and tell me how you really feel.”
- # 2. “Tell me when you are angry. Don't let it build up.”
- # 3. “We need to resolve this right NOW!”
- # 4. “You are always running away. You never want to talk with me.”
- # 5. “If you are going to scream at me, then I am going to scream at you.”
- # 6. “You are sick and you will never get better. Men like you only get worse over time.”
- # 7. “How can you say you love me when you treat me like that?”
- # 8. “Go ahead and hit me. I know that's what you really want to do.”
- # 9. “You're crazy. The things you get jealous over make no sense at all.”
- #10. “THIS IS IT. I am going to divorce you this time. No one is going to talk to me like that.”
- #11. “You will never get any better until you go to therapy and work through your issues with your father. That is what my therapist said is wrong with you.”

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