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The Healing Power of Anger: The Unexpected Path to Love and Fulfillment

John R. Rifkin

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The Healing Power of Anger: The Unexpected Path to Love and Fulfillment John R. Rifkin Conventional wisdom views anger as red-hot yelling and screaming, a force to be feared and repressed. But psychotherapist John Rifkin views anger in a revolutionary way -- as the natural energy created to heal one's emotional injuries. In "The Healing Power of Anger," Rifkin explains how to identify dysfunctional uses of anger so that readers can "unbend" it and become empowered and self-nurturing. To do so, he explains his Stop, Drop, and Roll system, which he's used with clients for more than 20 years. In addition, Rifkin explores the childhood roots of anger, the spectrum of angry behavior, how anger can be a gift to a relationship, and ice-cold passive-aggressive anger.

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