



# Anger: The Misunderstood Emotion

By Carol Tavris



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"This landmark book" (*San Francisco Chronicle*) dispels the common myths about the causes and uses of anger -- for example, that expressing anger is always good for you, that suppressing anger is always unhealthy, or that women have special "anger problems" that men do not. Dr. Carol Tavris expertly examines every facet of that fascinating emotion -- from genetics to stress to the rage for justice.

Fully revised and updated, *Anger: The Misunderstood Emotion* now includes:

- \* A new consideration of biological politics: Should testosterone or PMS excuse rotten tempers or aggressive actions?
- \* The five conditions under which anger is likely to be effective -- and when it's not.
- \* Strategies for solving specific anger problems -- chronic anger, dealing with difficult people, repeated family battles, anger after divorce or victimization, and aggressive children.

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### Editorial Review

From Library Journal

Revised from the 1983 edition, this update includes new material on highway anger and violence in sports, young women's anger, and strategies for getting through specific anger problems, chronic anger, family anger, etc. Still "recommended for most popular collections" (LJ 1/1/83). BOMC and Quality Paperback alternate selections; serialized in *Psychology Today* and *Reader's Digest*. -- MR  
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Review

*Los Angeles Times* Witty, provocative, and impressively documented, this work lights a candle in cursed darkness.

Dr. Ashley Montagu author of *The Nature of Human Aggression* This book is not only the best of its kind ever written, but the most helpfully enlightening I have ever read.

*The New York Times* Intelligent and witty, Tavris shows us how to use the anger of hope to avoid falling into the anger of despair.

*Philadelphia Inquirer* Enlightening and reassuring. Her calm approach to a volatile subject is a welcome tonic for our times.

About the Author

**Carol Tavris, Ph.D.**, earned her doctorate in social psychology from the University of Michigan. She was senior editor for several years of a then-new magazine, *Psychology Today*, and went on to develop a career as a teacher, lecturer, and psychology writer. She is coauthor (with Carole Wade) of *The Longest War: Sex Differences in Perspective* and an introductory textbook, *Psychology*. In addition to writing the "Mind Health" column for *Vogue* magazine, she has written many articles and book reviews on diverse issues in psychology for a wide variety of magazines, including *The New York Times*, *Discover*, *Science Digest*, *Human Nature*, *New York*, *Harper's*, *Geo*, *Ms.*, *Redbook*, and *Woman's Day*. While living in New York, Tavris taught at the Human Relations Center of the New School for Social Research, and in Los Angeles she now teaches from time to time in the department of psychology at UCLA.

### Users Review

From reader reviews:

**Lorena Repass:**

This *Anger: The Misunderstood Emotion* is great book for you because the content which is full of information for you who also always deal with world and have to make decision every minute. This kind of book reveal it info accurately using great arrange word or we can state no rambling sentences inside. So if you are read this hurriedly you can have whole info in it. Doesn't mean it only provides straight forward sentences but tough core information with wonderful delivering sentences. Having *Anger: The Misunderstood Emotion* in your hand like keeping the world in your arm, data in it is not ridiculous just one. We can say that no guide that offer you world within ten or fifteen minute right but this e-book already do that. So , this really is good reading book. Heya Mr. and Mrs. stressful do you still doubt that will?

**Samantha Graham:**

The book untitled Anger: The Misunderstood Emotion contain a lot of information on the idea. The writer explains her idea with easy approach. The language is very simple to implement all the people, so do not necessarily worry, you can easy to read this. The book was written by famous author. The author provides you in the new era of literary works. You can easily read this book because you can read on your smart phone, or device, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can start their official web-site and also order it. Have a nice examine.

**Clarence Williams:**

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**Lila Costillo:**

Many people said that they feel fed up when they reading a reserve. They are directly felt the idea when they get a half parts of the book. You can choose typically the book Anger: The Misunderstood Emotion to make your own reading is interesting. Your own personal skill of reading proficiency is developing when you similar to reading. Try to choose very simple book to make you enjoy to study it and mingle the impression about book and looking at especially. It is to be first opinion for you to like to open up a book and study it. Beside that the guide Anger: The Misunderstood Emotion can to be your new friend when you're feel alone and confuse using what must you're doing of this time.

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