



# When Anger Hurts: Quietening the Storm Within

*Matthew McKay , Judith McKay , Peter D. Rogers*

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**When Anger Hurts: Quieting the Storm Within** Matthew McKay , Judith McKay , Peter D. Rogers

A major revision of the best-selling classic — a quarter of a million copies sold.

This new edition of *When Anger Hurts* is a complete, step-by-step guide to changing habitual anger-generating thoughts while developing healthier, more effective ways of meeting your needs. It includes new chapters on emergency anger control, the interpersonal and physiological costs of anger, road rage, and parental anger.

- Discover how to create your own personal intervention strategy for controlling angry impulses
  - Recognize anger-triggering thoughts and learn ways to challenge them
  - Learn how to control anger-generating stress
  - Recognize the early warning signals of anger and find out how to cool down before things get really hot
- When you work through the exercises and lessons in this book, you will immediately see positive change in every aspect of your life.

## When Anger Hurts: Quieting the Storm Within Details

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## **From Reader Review When Anger Hurts: Quieting the Storm Within for online ebook**

### **Alex says**

It said in the beginning that anger is actually hiding a negative emotion. That in itself was an eye-opener. It made me think about what emotions lie underneath my anger. Then, anger is much easier to deal with or it disappears behind the real emotion that I need to deal with. Another good practical book.

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### **Steve Pipenger says**

It is tough to admit that one has the issues that this book addresses. It's very good and gives great insight and techniques to calm down and be more level-headed.

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### **James says**

Personal issues to solve...It did help.

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### **Maria Leon says**

If you or someone you know has an anger issue or has been hurt..... read this book. I read it, and am rereading it again... I'm finding greater depth and understanding as a re-read the book

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### **Shashi Khanka says**

This book teaches you what anger is, why you feel angry and how you can you react differently to anger provoking situations. First thing is to understand that things and people don't make you angry. It is your perceptions of things that make you angry. Just as you CHOOSE to be angry, you can chose not to be angry in a particular situation.

Anger is a way to escape the pain of some kind...like fear of rejection, frustration, stress, depression etc. If we chose not to be angry we will have to face the unpleasant things of life and if we do that with alertness we will understand how to deal with them bravely without resorting to anger. The authors also teach how to be more assertive in our communication with people which can reduce the urge to be angry.

This book gave me a good insight into my own attitudes and behaviours. I am also able to see what causes people to act angrily and I don't take it personally what they say in anger. We need to take full responsibility of how we feel in order to change anything about our anger. If we blame others for our anger then we make ourselves victims who can do nothing about how they react.

The book is precise and teaches a lot not just about anger but also about how can we make ourselves better person living a more fulfilling life.

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## Clare says

This book is excellent. Many of the concepts and skills seem to be derived from cognitive and dialectical behavior therapy models, which drew helpful connections for me. I found this book very beneficial. The examples are pivotal to the concepts, and they are clear and plentiful. Highly recommended for anyone dealing with anger or an angry person, and anyone simply interested in becoming more skillful in self exploration and interpersonal communication.

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## Frank says

It has methods of communication that I believe are effective and easy to remember. It has only a few methods to help you stop losing your temper.

Still, I found this book effective in helping me to control my temper and see life's occurrences in a different light. I feel that I have better phrases to use when I will need to be assertive and let my needs be known.

The problem I have with the book is that it tells you to forget about your "shoulds" when dealing with other people, as this will help to diminish your anger. For example, getting angry in traffic because someone cut you off. You feel that they **should** be driving more courteously. The authors would tell you that your thinking is wrong, because the other driver has his own needs to take care of, and his needs are as important as yours. The authors are wrong. In many circumstances of daily life, there is a protocol of behaviour. Some of these protocols are written, and they are called, for example, the law. An example is the expectation that people will stop at a red light. When you are driving through a green light, you presume, let's face it, that the cars going in the other direction are stopped for their red, you do not slow down just before the intersection to ensure that they are truly stopped. Some protocols are simply presumed, for example, that you do not let out a loud, flatulent noise in public. The authors would say that the other person had a need to take care of. My argument is that even with that need, it is still damn rude, wrong, and worthy of my anger.

Also, a flowchart would have been nice to indicate under what circumstances the authors felt this technique or that technique should be used, instead of making the reader determine this on their own.

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## Leslie says

I really like the approach this book takes. It helps you get out of "victim" mode and get into a "personal responsibility" mode. Basically, you are responsible for your own anger. If your needs are not getting met, you need to find other ways to meet your needs. This book gives several scenarios on how to do so. I very much recommend it for people dealing with past hurts.

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## Jess Stockman says

Good for not only someone who has anger issues but even those hurt by anger issues. Read it!

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**Bill McDavid says**

You have anger? Deal with it now. Dont wait.

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