

The Anger Cure

Encyclopedia of Ethics: P-W

In analyzing the various principles of Alcoholics Anonymous we now come to one which has come up for more discussion, and which is at the bottom of more difficulties than any of all the ones listed. This principle is: "THE DANGER OF RESENTMENT—SELF PITY" In the alcoholic, "frustration begot resentment, resentment begot self-pity, self-pity begot drinking, and drinking begot frustration, and frustration begot resentment, and resentment begot self-pity," and on and on and on—in an unending cycle, until faced with the three-pronged choice: sobriety or insanity or death. And then we chose sobriety in A.A. And we learned the principle that: If the alcoholic repeated any PART of the cycle, the ENTIRE cycle would repeat ITSELF, "in toto." We learned through the above principle that to the alcoholic, resentment and self-pity would always remain his number one twin-enemy—no matter how long sober. And this means that, if he permits himself to indulge in resentment or self-pity too frequently or for too prolonged periods of time, he will automatically set off the compulsion to drink. In short: AN ALCOHOLIC CANNOT TOLERATE RESENTMENT. If he does, there automatically will begin the old pattern: "stinking-thinking; drinking-thinking; drinking." And so also will it be with any part of the cycle above: If the alcoholic takes a drink, he will automatically and ultimately become full of resentments, etc. etc. We do not know why this happens, but we do know from long, long experience that it does happen.

A Step-by-Step Program to Reduce Anger, Rage, Negativity, Violence, and Depression in Your Life If you get angry out of the blue, experience road rage, often blow off steam at your kids, get depressed for no apparent reason, or otherwise act out of control, then you need to read and heed this book. Anger is not just an emotion - it's a way of life based on all the things you eat, think, and do. Specific biological, nutritional, and psychological states feed anger. So if you don't change your lifestyle and cure your problem, you're headed for degenerative diseases that increase with age - things like diabetes, cancer, heart disease, stroke, arthritis, obesity, and addiction. In her book, author Kathleen O'Bannon, C.N.C., uses her accumulated wealth of knowledge about lifestyle-based conditions to provide a series of tests to help you diagnose what's causing your anger problem. She then guides you through a series of lifestyle changes necessary to cure it. For instance, spikes in your blood sugar after you eat a candy bar instead of a nutritious lunch cause anger attacks, as do yeast infections, a lack of B vitamins, and excess stress. Not only does O'Bannon describe the many factors that contribute to and promote anger, she provides diets, exercises, and stress management - a complete Anger Cure program - based on nearly thirty years of lifestyle counseling. Being angry is a choice you make when you allow your body to control you instead of you controlling your body. The goal of The Anger Cure is to help you learn how to become more balanced and anger-free. Are you ready to take control of your life? The choice is yours.

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How to Forgive and Forget, and Eliminate the Resentment in Your Relationship

Resentment's Virtue

Cultivate Compassion, Release Resentment, and Find Peace

Jean Amery and the Refusal to Forgive

Saving Your Marriage Before It Starts

The Story of How More Than One Hundred Men Have Recovered from Alcoholism

Forgiveness and Health

Partners experience dire consequences as a result of being in a relationship with someone suffering from compulsive sexual behavior. Their emotional well-being requires developing new skill sets for self-care and self-protection as they confront the difficult and painful process of discovery, disclosure, and beyond. In other words—they need boundaries. This is the first book specifically for partners affected by addictive behavior that addresses, in detail, how to identify, create and maintain boundaries as a vital component of self-care and an indispensable tool for healing and growth. Moving Beyond Betrayal guides partners to define the current problem(s); identify needs that aren't being met; find where they have the power to effect change; take action; and evaluate the results to determine if their goal has been accomplished. The author examines all aspects of effective boundary work, including what to do when boundaries are violated. Through working the 5-Step Boundary Solution partners will: Gain clarity Reduce the chaos inherent in relationships impacted by sex addiction Feel more empowered and in control of their lives Discover whether or not their relationship with the addict is salvageable Vicki Tidwell Palmer is a Licensed Clinical Social Worker (LCSW), Certified Sex Addiction Therapist (CSAT), and Somatic Experiencing Practitioner (SEP) in private practice in Houston, Texas. She is the author of the blog for **partners Survival Strategies for Partners of Sex Addicts.**

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The New Acceptance and Commitment Therapy Guide to Problem Anger