



The Gift of Anger

by Marcia Cannon



This book suggests that anger has been given a bad name. The author suggests that anger is a natural response to stress, embarrassment, hurt, betrayal and stress. She outlines seven simple and effective steps to guide one in dealing with anger.

Recently our group read the book "A Cow in the Parking Lot," in which the author suggested that anger is a result of an unmet need. This book suggests the same and offers suggestions on how to get to the root of your anger and to how to regain emotional balance after becoming angry. Our world is full of stress, intolerance and frustration ... many people feel that their needs are unmet and present as angry and just under the surface vulnerable.

I liked some of the exercises offered and the idea that anger is uniquely personal. ~ **Dr. Michele Winchester-Vega**



The book offered some good points and provides great questions to explore the reasons for our anger — anger is learned, covers up painful feelings and can be a result of unmet needs.

The book attempts to provide a step-by-step approach for identifying, coping with and managing anger. I believe the steps could be helpful but challenging to do on one's own. The book would be an excellent tool in conjunction with a therapeutic setting. ~ **Suzanne Vizethann**



What an alluring title. Who would even think of referring to anger as a gift? The author did a good job of drawing me into an alternative mind-set and uses case summaries from an array of life experiences that makes for an easy read. She suggests that anger is automatic and "available when needed and a powerful boost toward protection." I say, a gift one should not abuse. The book suggests seven steps or a "blueprint" to identify one's own source of anger. I have suggested this book to several of my patients. ~ **Diane Light-Spiro**



I enjoyed this book because it offers clear and to-the-point strategies. The author calls for self-reflection and understanding. I take a teamwork approach in my work and like the idea that some anger originates in the family of origin. It allows us an exploration on how anger was handled in the family and how one reacts now. ~ **Nancy Arocho-Mercado**



Cannon does a nice job providing a solid framework for understanding and managing anger. What I found useful was the step-by-step process offered as tools to manage.

The seven steps outlined in the book were useful, practical and easy to follow. The chapters about forgiveness and anger at oneself are well written and sensible. In my work, I find it very important to help clients find forgiveness in themselves and others as if they don't they end up repeating patterns. ~ **Susan McVey**



I enjoyed reading this book. It was very reader-friendly and easy to follow. I appreciated both the examples given and exercises provided. This can be extremely useful in both my practice with clients and for personal use.

This book allows us to look at anger as being much more productive and positive, rather than as the negative hindrance most see it as. I would recommend it. ~ **Victoria Sullivan**