



# Controlling Your Anger before It Controls You: A Guide for Women

*Gregory L. Ph.D. Jantz, Ann McMurray*

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**Controlling Your Anger before It Controls You: A Guide for Women** Gregory L. Ph.D. Jantz, Ann McMurray

Dr. Jantz shows women how to

accept the truth of their anger  
examine where it comes from  
be honest about how they use it  
be open to change  
be willing to forgive, even themselves  
be willing to feel something else besides their anger

With a compassionate tone and an honest look at reality, Dr. Jantz helps women face their anger issues, move beyond them, and live the life they were meant to live.

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