



# The Anger Diet: Thirty Days to Stress-Free Living

*Ph.D. Brenda Shoshanna*

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"Shoshanna extends an empty and richly filled hand, offering both the sublime and the practical," *Publishers Weekly* once noted of Brenda Shoshanna, Ph.D. Now Shoshanna unites the sublime and the practical once again, this time to show us how to rid ourselves of anger and become immune to its toxic effects in a new 30-day program called *The Anger Diet*. Road rage, school shootings, workplace violence, domestic abuse, drug addiction, and even the national obesity epidemic are manifestations of an overarching problem gripping our society: anger. Other books about anger are on the market, but this is the first and only "diet" from anger: a practical, step-by-step 30-day program designed to help readers cleanse their lives of the toxic effects of anger. As Dr. Shoshanna points out, "It is one thing to have an intellectual understanding of what is harmful. It is something else to know how to actually get rid of anger in your life." *The Anger Diet* is the book that bridges the gap between intellectual understanding and practical action. The practical actions correspond to the 24 forms of anger, many of which are hidden; each form is identified and addressed in its own chapter. Each day readers are asked to give up one form of anger and are given a replacement for it. One chapter per day, one day at a time, readers will learn how to loosen anger's hold on their lives and gain greater happiness, health, and peace.

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