

*Break free from feelings of helplessness and shame.
Learn to trust your instincts.
Set boundaries and empower yourself.*

“The healing power of anger can transform your life.”

An expert on teaching people about healing and anger, Dr. John Rifkin offers special insight on the world’s most misunderstood emotion.

According to Dr. Rifkin, understanding anger and getting past the stereotypes and misconceptions about anger can change your life and help you deal with every relationship more effectively. It is possible to change how anger affects ourselves and our loved ones.

Happiness is **not** the absence of anger, but the intimate knowledge of how to make anger work in your life.

Dr. John Rifkin is the author of **The Healing Power of Anger: The Unexpected Path to Love and Fulfillment** (Paraview; 2004).

A licensed Clinical Psychologist in Boulder, Colorado, Dr. Rifkin is breaking new ground in the understanding of anger.

Dr. Rifkin explains that we should not and, indeed, cannot stop anger from happening in our lives:

Anger is a natural, healthy energy that has an emotional spectrum that ranges like a thermometer from ice cold to red hot.

- Between ice-cold and red-hot extremes, anger has a normal and healthy range that empowers and fulfills your life, even if you don’t understand that it’s anger at work.
- Anger is not just about yelling and screaming...the energy known as anger is always present in everyone...even if it isn’t recognized or understood.
- Understanding anger and getting past the stereotypes and misconceptions about anger can change your life and help you deal with every relationship more effectively.

Do you have concerns about anger? Take the Anger Quiz at www.EmotionalSuccess.com