

## BOOK REVIEW

# Managing Anger

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“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned”. Buddha

The natural emotion of anger if uncontrolled often becomes disastrous. At the same time this powerful emotion could be helpful and it can motivate people to succeed. In this competitive modern world everybody is under some kind of stress which often reduces their tolerance level. Anger irrespective of whether expressed outwardly or inwardly often lead to negative impact on the physical and psychological well being of the individual and it also affect the environment. So, anger management has become crucial. Anger management commonly refers to techniques and exercises by which someone with excessive or uncontrollable anger can control or reduce the triggers, degrees, and effects of an angered emotional state. Not to speak of the lay people even mental health professionals sometimes do not feel comfortable while dealing with cases of problems related to anger. This is because topic like anger management is not given adequate importance in the course curriculum of mental health.

In this compilation, the editor from management and commerce background embodied articles from various authors from diverse fields to cover mechanism of anger, its expression in various contexts, understanding anger and its causes, physical symptoms, strategies to overcome anger and anger management for different group of people.

This well-organized book is divided into three sections- “Understanding anger”, “Managing Anger- Strategies and Techniques”, and “Managing Anger: Specific Insights”. The first section deals with what is anger, anger styles, causes and its effects with illustrative examples. There is an article on Shakespearean perspective on anger taking examples from the four great tragedies. The second section contains articles on managing anger using various tips and techniques- cognitive behavioral, rational-emotive behavioral therapy, meditative approach and multidimensional approach. This section also has an article on spiritual aspect drawing essence from Bhagavad Gita and other scriptures. The value addition from different sources of website containing signs of anger, cause for angry feeling, how to react to those feeling and suggestions of anger management activities has given the book a different format from the conventional book on similar subject. Definitely it will help the reader to have a better grasp on the subject and they can practice some of it in their life. The third section details anger management in marital and other relationships, children and at workplace.

The articles are already published in electronic and print media and the editor reprinted it with permission. The book is handy and useful not only for the general public but also for the mental health professionals. But the annexure on anger statistics is an overdose of information.

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