



# A Guide to Anger Management

*Mary Hartley*

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## **A Guide to Anger Management** Mary Hartley

We live in an angry society and it's getting angrier. The annual Social Trends Survey shows that complaints about noise and disturbance have increased five-fold in the last 20 years. There has been a 400% increase in air rage incidents in recent years. And, the British Association for Anger Management reports that the UK has the dubious distinction of being the second-worst country in the world for road rage. But, while mindless rage leads nowhere, healthy anger can be a valuable emotion that enables us to deal with danger and to change uncomfortable situations. The Guide to Anger Management explores how people can creatively make the most of this powerful emotion.

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