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## **Healing the Angry Brain: How Understanding the Way Your ...**

Healing the Angry Brain by Ronald Potter-Efron is a remarkable examination of emotional response in the brain. At just under six hours in length, the contents offer incredible insight into how the human brain responds to stimulus and how an individual might retrain the brain to take control of the anger response.

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“Healing the Angry Brain is as thorough a work on the neurobiology of anger as you will find anywhere. In addition to a comprehensive description of the biological and psychological functions of anger, it gives lots of practical advice on regulating anger in the context of a full and healthy emotional life.”

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In "Healing the Angry Brain", Ronald Potter-Efron provides an answer. Through a combination of clinical expertise and clear scientific information, he guides the reader to a better understanding of anger while providing a roadmap to relational and inner peace."

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## **Healing the Angry Brain: How Understanding the Way Your ...**

5.0 out of 5 stars The Reward of Learning How to Heal the Angry Brain. Reviewed in the United States on April 29, 2015. Verified Purchase. A very helpful, step-by-step guide to help understand how the brain functions and what one can do to resolve anger situations.

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## **Healing the Angry Brain | NewHarbinger.com**

These anger pathways in the brain can eventually disrupt your work, strain your relationships, and even damage your health. Written by anger management expert Ronald Potter-Efron, Healing the Angry Brain can help you short-circuit the anger cycle and learn to calmly handle even the most stressful interactions.

## **Healing the Angry Brain: How Understanding the Way Your ...**

Ronald Potter-Efron, an anger-management expert and author of the new book, Healing the Angry Brain, shows us the reasons why that might be the case, and why people prone to anger should try to manage it rather than letting it all out.

## **Nonfiction Book Review: Healing the Angry Brain: How ...**

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There are a number of self-care techniques you can use to help your brain heal. First and foremost, you should protect yourself from injuring your brain again. People who have had repeated injuries to their brain (like professional football players) may experience serious long-term problems and, in rare cases, it can cause brain swelling and even death.

### **Healing the Angry Brain: How Understanding the Way Your ...**

“Healing the Angry Brain is as thorough a work on the neurobiology of anger as you will find anywhere. In addition to a comprehensive description of the biological and psychological functions of anger, it gives lots of practical advice on regulating anger in the context of a full and healthy emotional life.”

### **10 Ways to Help Your Brain Heal | Amen Clinics | Amen Clinics**

Collection Book Healing the Angry Brain: How Understanding the Way Your Brain Works Can Help You. MiyagawaRuka. 0:47. New Stroke-Healing Gel Helps Regrow Brain Tissue In Mice. Geo Beats. 59:46.

### **Healing the Angry Brain: Ronald Potter-Efron, Ph.D.: Trade ...**

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Healing the Angry Brain: How Understanding the Way Your Brain Works Can Help You Control Anger and Aggression Ronald Potter-Efron. New Harbinger, \$16.95 trade paper (200p) ISBN 978-1-60882-133-4

## **How to Heal the Angry Brain | Greater Good**

Potter- Efron is also author of 15 books, including Handbook of Anger Management (for professional readers); Angry All the Time; Letting Go of Anger and Letting Go of Shame (both with Patricia Potter-Efron), and his newest release Healing The Angry Brain (New Harbinger, 2012), a self-help book intended for chronically angry and aggressive persons.

## **Review of Healing the Angry Brain (9781608821334 ...**

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