



# Of Course You're Angry: A Guide to Dealing with the Emotions of Substance Abuse

*Gayle Rosellini, Mark Worden*

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Though we may not like to admit it, all of us get angry. At times we feel irked, exasperated, irritated, resentful, even enraged. Anger is a normal and healthy human emotion; learning to acknowledge and express it appropriately, however, especially for those in early recovery, is another story.

*Of Course You're Angry*, first published in 1985, is a timely revision of the best-selling Hazelden title on the nature and resolution of anger, it shows us how to make anger work in a positive and effective way that can ease, rather than exacerbate, the problems and challenges of early recovery.

In a friendly, nonconfrontive manner, *Of Course You're Angry* guides readers to discover the source of their anger and the forms it takes -- such as violence, depression, resentment, and manipulation. Authors Gayle Rosellini and Mark Worden continue by exploring various anger styles, and then provide clear, sensible, and practical guidelines for expressing anger, conquering "common conceits," and "wrangling with rancor." Their real-life examples and down-to-earth advice for dealing with anger without fear or guilt -- and without hurting oneself or others -- offers addicts as well as their family members and friends a way passed one of the most dangerous pitfalls of early recovery.

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