



# Nicht ärgern für Dummies (German Edition)

*W. Doyle Gentry*

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**Nicht ärgern für Dummies (German Edition)** W. Doyle Gentry

Menschen, die sich oft ärgern und zu Wutausbrüchen neigen, leiden ebenso unter ihren vulkanartigen Ausbrüchen wie ihre Umwelt. Und häufig ist ihnen ihre Entgleisung ebenso unerklärlich wie ihrem Umfeld. Selbst die stabilste Partnerschaft wird durch unkontrollierte Wutausbrüche auf eine harte Probe gestellt. Kollegen sind da häufig weit weniger tolerant als Familienmitglieder.

W. Doyle Gentry zeigt in diesem Buch, warum Menschen zu Wutausbrüchen neigen, und weist Wege, wie sie ihren Ärger in den Griff bekommen können. Checklisten und einfache Übungen helfen dabei. Der Autor geht besonders auf Beruf, Familie und Partnerschaft ein. Außerdem gibt er Erziehungstipps, die Eltern helfen, schon früh Wutausbrüchen ihrer Kinder etwas entgegenzusetzen.

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