



Anger Management:

Reduce Irritability and Rage

Learn Constructive Responses to Anger

John Schinnerer, Ph.D.

Individual coaching, online classes, keynotes and workshops

Details

- Danville – San Ramon Medical Center
- 913 San Ramon Valley Blvd. #280
- Danville, CA 94526

Testimonials

"I want you to know how much I appreciate you reaching my husband. For the first time last evening, my husband honestly shared with me his struggle with anger. Whatever you are doing, keep it up because you are reaching him. Even our pastors couldn't seem to do that. You're a blessing."
Katie M.

"Your anger management teachings are vitally needed in today's world. Please keep up this critical and invaluable work...and keep the sense of humor!"
Steve A.

Contact

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Master Anger. Master Life. Master Your Self.

Think about the most important relationships in your life. When it matters most, are you at your worst behavior? When the stakes are high, is your patience low? When you talk finances with your spouse, are you calm? Or are you hijacked by anger? Do you frequently get irritated with coworkers? If so, you will benefit tremendously from more mindfulness and attentional control.

Find out the latest scientific information about attentional control techniques, the four types of anger and powerful new tools to manage your destructive emotions. Greater emotional awareness means greater success in business, improved personal relationships, and a longer, happier life.

Learn from the very best - John Schinnerer, Ph.D., a U.C. Berkeley-trained anger management expert, executive coach, author of the award-winning "Guide To Self: The Beginner's Guide To Managing Emotion and Thought", member of the National Speakers Association and host of Guide To Self radio.

Learn Constructive, Positive Responses to Anger

Emotional management is necessary for success in the workplace as well as for a happy home life. Learn the latest scientifically-proven ways to a less angry and happier life.

Everyone gets angry at times. Anger is a normal, healthy emotion. For some, anger gets out of control, destructive and leads to numerous problems. The goal is not to eliminate anger from your life. *The goal is to learn to behave in constructive, positive ways when you are angry.* Learn the latest scientifically-proven ways to a life less angry.

In 8 – 12 weeks, clients will learn...

- mindfulness and attentional control techniques
- to identify the four types of anger and ways to manage them
- assertive communication
- to react to situations less emotionally and more rationally
- positive psychology approaches to emotion, thought and life