



Good and Mad: Transform Anger Using Mind, Body, Soul and Humor

Jane Middleton-Moz, Lisa Tener, Todd Peaco

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Best-selling author and anger expert Jane Middleton-Moz and friends have created a unique tool to help people change their anger experiences from *problem* to *power*. *Good and Mad's* highly effective and accessible approach combines knowledge and tested methods with compelling stories, innovative exercises and journaling prompts, all illustrated by a series of cartoon strips whose characters demonstrate, in comical fashion, the foibles and pitfalls of anger.

Designed to deal with a serious subject in an accessible way, this book takes an approach that is lighthearted and compassionate, showing readers how to make anger management interesting and fun, without ever making fun of the complex emotion.

Readers are sure to enjoy and benefit from the elements created expressly for this book: original cartoons, "Mad Pad" journaling and "Anger-obics" exercises-techniques that teach how to access anger's wisdom and heal its unhealthy habits. As readers enjoy the cartoons and laugh with character Tiffani and her friends, they will undoubtedly agree with and relate to her insights. Readers will be delightfully surprised to find more fun and freedom in life as a result of reading this book long before they reach the last page.

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