



Breaking the Anger Circle: A Guide to Prevent the Destruction of My Relationships

Patton-Floss

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Breaking the Anger Circle is not just another generic self help manual. You will find that this book takes a fresh look at an old problem with Biblical direction. You, the reader, will learn how to recognize and identify your trigger behaviors. Dr. Patton and Mr. Floss guide you in how to modify and eliminate painful anger behaviors. Your spouse is included in this process of replacing your inappropriate responses with appropriate responses since they share your pain. It is the authors' goal to help you change your behaviors and, in turn, save your relationships and possibly even your marriage.

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