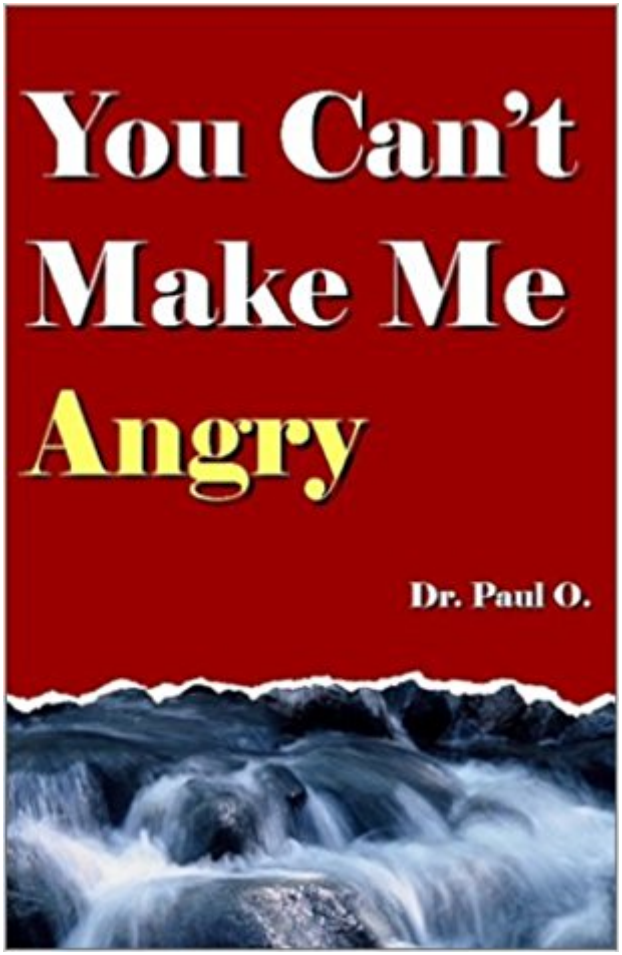
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You Can't Make Me Angry



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Synopsis

And acceptance is the answer to all my problems... A.A. members know of Dr. Paul’s wisdom through the often-quoted passage from his story in A.A.’s Big Book, Alcoholics Anonymous. Dr. Paul continues sharing his astute insight and gentle humor with discussions of the physical, mental, emotional, interpersonal and spiritual aspects of sobriety.

Book Information

Paperback: 170 pages

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ISBN-13: 978-0965967211

Product Dimensions: 5.6 x 0.4 x 8.6 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 116 customer reviews

Best Sellers Rank: #27,006 in Books (See Top 100 in Books) #37 inÃ Â Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #52 inÃ Â Books > Self-Help > Emotions #71 inÃ Â Books > Self-Help > Relationships > Conflict Management

Customer Reviews

"And acceptance is the answer to all my problems today." You may already know of Dr. Paul’s simple yet profound wisdom in the frequently quoted passage from his story in the Big Book of Alcoholics Anonymous. Dr. Paul continues sharing his experience, strength and hope in this, his second book, "You Can’t Make Me Angry": "By the time you put this book down, you will be convinced that people and circumstances don’t make us angry; we make ourselves angry. People can’t make us angry"unless we let them. We alone are responsible for our feelings. A measure of the effectiveness of communication is the result it produces. If you don’t like the results you are getting when communicating with another person, there’s a great deal you can do about it. I’m not willing to let any thing or any person put my physical sobriety at risk; why should I put less value on my emotional sobriety? For physical sobriety, we had to give up drinking, and for emotional sobriety, we have to give up blaming others. No longer an we say,"You made me angry!" Instead, we must accept personal responsibility for our emotional state. This much responsibility may seem extreme, yet in fact it is a great freedom. Henceforth, no person or situation can upset us if we don’t give them or it permission to do so. What could be a greater freedom than that? Emotional maturity is

like serenity. The first time I felt serene, I wondered what was happening, but I liked the feeling and wanted more. The more I got, the more I wanted. Serenity is addictive."

From the time of his recovery in July of 1967 until his passing in May 2000, Dr. Paul was a tireless carrier of A.A.’s message, always with humor and love.

Great Alanon book to help people rethink blame and victim mentality. The author is open, honest and refreshing about telling the struggles in his life and marriage. The most important part, in my opinion, is learning how he overcomes each challenge by taking ownership and control of his emotions ~ not giving his power away to anyone else to "make him feel angry, _____, _____, _____"!

Excellent insight into the way we communicate with each other - and suggestions about how to get better at it without hurting or getting hurt.

I’m a substance abuse counselor and it has come in handy with my angrier clients, particularly with regards to 12 step work.

This book finally cured me of my need to be right or have the last word in an arguement, which is no small task.

Excellent

I love everything by Dr. Paul. He is very much intune with reality and recovery.

Super Book! Gift copy.

A friend recommended this book and I absolutely loved it! If you’re struggling with anger and not being able to let go of it, this book may get you on the right track.

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