The field of anger management is cluttered with fiction, myth, and wishful thinking. Here at last is a research-based and 
empirically validated "anger episode model," presented in a desktop manual for practitioners. Kassinove and Tafrate are 
themselves distinguished practitioners, researchers, and teachers in the field of anger management, and their book offers 
a comprehensive state-of-the-art program that can be implemented almost immediately in any practice setting. Anger 
Management: The Complete Guidebook for Practitioners is an indispensable resource clearly spelling out how to help 
clients understand, manage, and prevent unhealthy anger, and featuring step-by-step training procedures, and guidelines 
for assessment, understanding, awareness, motivation, and relapse prevention. Contents include: The Anger Episode Model; 
Assessment and Diagnosis; Overview of the Anger Management Program; Increasing Client Motivation for Change; 
Increasing Awareness of Anger; Managing Physical Arousal; Exposure; Fostering Cognitive Change; Forgiveness; Relapse 
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