**Anger Resources**

**BOOKS:**

**Atlas of the Heart**, Chapter 12 – Places We Go When We Feel Wronged, Brené Brown

**Coping With Your Anger, A Christian Guide** by Andrew D Lester

**The Myth of Normal**, Chapter 26 – Four A’s and Five Compassions: Some Healing Principles – pgs.377-380 (Anger), Gabor Mate

**BLOGS:**

<https://www.gottman.com/blog/the-anger-iceberg/>

<https://www.gottman.com/blog/the-dark-side-of-anger-what-every-couple-should-know/>

<https://www.gottman.com/blog/handle-anger-relationship/>

<https://www.gottman.com/blog/helping-little-ones-big-emotions/>

<https://www.gottman.com/blog/why-we-need-to-stop-playing-the-blame-game/>

**VIDEOS:**

<https://www.youtube.com/watch?v=Yh1-y3TzSO4>

Dr. Gabor Maté on How to Process Anger and Rage | The Tim Ferriss Show

<https://www.youtube.com/watch?v=QG4Z185MBJE>

# Anger, Compassion, and What It Means To Be Strong | Russell Kolts | TEDxOlympia

A picture containing text, circle, font, colorfulness

Description automatically generated

Graphic from Atlas of the Heart page 222 – Brené Brown Whole hearted School Couseling.