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*Healing the Angry Brain* by Ronald Potter-Efron is a remarkable examination of emotional response in the brain. At just under six hours in length, the contents offer incredible insight into how the human brain responds to stimulus and how an individual might retrain the brain to take control of the anger response.

## **Review of Healing the Angry Brain (9781608821334 ...**

There are a number of self-care techniques you can use to help your brain heal. First and foremost, you should protect yourself from injuring your brain again. People who have had repeated injuries to their brain (like professional football players) may experience serious long-term problems and, in rare cases, it can cause brain swelling and ...

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Summary of *Healing the Angry Brain* by Ronald Potter-Efron for VTR.

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*Healing the Angry Brain: How Understanding the Way Your Brain Works Can Help You Control Anger and Aggression* Ronald Potter-Efron. New Harbinger, \$16.95 trade paper (200p) ISBN 978-1-60882-133-4 ...

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**Nonfiction Book Review: Healing the Angry Brain: How ...**  
Potter-Efron (Angry All the Time) is most helpful in suggesting ways to "rewire" neural pathways, including becoming more aware of bodily changes when you're angry and practicing deep breathing, muscle relaxation, and biofeedback. The process takes practice and patience; brain changes take six months to a year, Potter-Efron observes.

## **Healing the Angry Brain on Apple Books**

Written by anger management expert Ronald Potter-Efron, Healing the Angry Brain can help you short-circuit the anger cycle and learn to calmly handle even the most stressful interactions. You will learn which areas of your brain are causing your reactions and discover how to take control of your emotions by rewiring your brain for greater patience and perspective.

## **Healing the Angry Brain by Ronald Potter-Efron MSW PhD**

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Healing the Angry Brain: How Understanding the Way Your Brain Works Can Help You Control Anger and Aggression by Ronald T. Potter-Efron 3.71 avg rating — 159 ratings — published 2012 — 8 editions

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(6)Brain and Spinal Cord Injury Research Center, Neuroscience Institute, Tehran University of Medical Sciences, Tehran, Iran.  
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I had expected mullahs ready to flagellate themselves, or

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perhaps angry crowds of the faithful eager to demonstrate their spiritual purity to the ayatollahs. Instead, it brought to mind what might be thought of as Allah's Asbury Park, complete with blinking lights, souvenir stands, food stalls, cruising teenagers, and a summer holiday atmosphere.

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