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Participant's Journal and DVD. [Covington, S. (2014). Hoboken, NJ: Wiley] *Beyond Anger & Violence* is a manualized curriculum for women who are struggling with the issue of anger

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and who are in community settings (outpatient and residential substance abuse treatment programs, domestic violence shelters, mental health clinics, etc.). Beyond Anger & Violence is the first manualized intervention for women that focuses on anger, as well as the trauma they may have experienced.

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How to Free Yourself from the Grip of Anger and Get More Out of Life Thomas J Harbin Some of the examples are a bit extreme as the author has worked in prisons etc. However, this is a well organised and useful book for men wanting to work on and understand more about their anger.

It's Not Personal!: A Guide to Anger Management

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