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Anger isn't just a negative emotion. It may also lead to heart disease and other life-threatening illnesses, according to the

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latest medical research. Now, Anger Kills helps you assess just how much hostility, cynicism, and aggression rule your life. Incorporating recent scientific data and the methods developed in the authors' anger-reduction workshops, this practical guide explains how to recognize anger points and control them using seventeen proven, successful strategies, from deflecting ...

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Redford Williams, M.D., is director of The Behavioral Medical Research Center at Duke University and a professor of psychiatry and an associate professor of medicine. Their last collaboration was Anger Kills: Seventeen.... More about Dr. Redford Williams. Inspired by Your Browsing History. Also in Personal Growth.

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ANGER KILLS is a user-friendly book that combines practical

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skills with sound background information--starting with The Hostility Questionnaire in Chapter One "Am I At Risk?" which helps the reader identify her levels of Cynicism, Anger, and Aggression.

Anger Kills: Williams, Redford: 9780061097539: Books ...

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Anger kills. We're speaking here not about the anger that drives people to shoot, stab, or otherwise wreak havoc on their fellow humans. We mean instead the everyday sort of anger, annoyance, and irritation that courses through the minds and bodies of many perfectly normal people. • If your immediate impulse when faced with everyday delays or frustrations—elevators that don't ...

Anger Kills: Seventeen Strategies for Controlling ...

President Dr. Virginia Williams co-authored Anger Kills, LifeSkills, and In Control. Along with Dr. Redford Williams, she researched and assembled the ten skills taught in the Williams LifeSkills workshops. Over the past several years, she has worked with a

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variety of groups, led numerous LifeSkills workshops, and trained many facilitators.

About Us > LifeSkills Overview - Professional Staff ...

Dr. Redford Williams, director of the Behavioral Medicine Research Center at Duke University School of Medicine, has proven that prolonged periods of anger raises our blood pressure, our adrenaline and our cortisol levels, causing damage to the immune system. Essentially, anger can kill us.

Prevent Disease.com - Could Anger Be a Hereditary Trait?

Anger Kills Seventeen Strategies for Controlling Hostility That Can Harm Your Health by Dr. Redford Williams and Publisher Crown. Save up to 80% by choosing the eTextbook option for ISBN: 9780307818782, 0307818780.

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VitalSource

He is the author or coauthor of ten books, including Anger Kills and LifeSkills, and over 200 articles in peer reviewed journals, he is probably best known for his research documenting the role of hostility and anger as a risk factor for coronary heart disease and other life-threatening illnesses.

Redford Williams - Member Emotional Intelligence Consortium

In Anger Kills, Dr. Redford Williams reveals ground-breaking research that confirms that hostility not only is a serious barrier to happiness, but can lead to heart disease and other life-threatening illnesses.. Dr. Williams and his wife, Virginia, team up to present the latest research in the field and offer seventeen practical strategies that can help readers translate scientific theory into ...

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CNN - Research: Anger kills - June 26, 1996

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BURBANK, CA (July 15, 2020) – DC proudly presents a new 12-issue maxiseries debuting this October by Tom King (Mister Miracle) and Jorge Fornés (Batman), together delivering a new vision of one of the most riveting characters from Watchmen—a figure in a fedora and a trench coat, loved by some, reviled by others—Rorschach. It's been 35 years since Ozymandias was exposed for dropping a ...

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