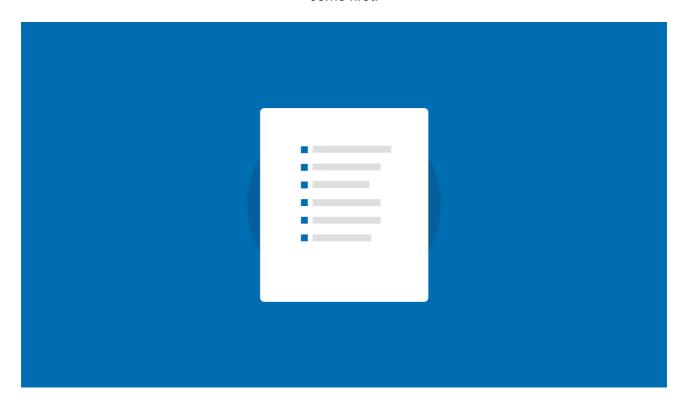
10 Tips for Reducing Anger

The following is a partial distillation of ideas my colleague and I have more fully exposed in The Anger Fallacy. They're in no special order, except perhaps in as much as the first should probably come first.



| 1. Understand that anger is a problem |
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| 2. Monitor your anger |
| 3. Feel the anger and DON'T do it anyway |
| 4. Watch yourself angry: the Federer cure |
| 5. Look after yourself |
| 6. Understand the ultimate source of your anger: SHOULDING |
| 7. Become less judgmental |
| 8. Think like a scientist, not a lawyer |
| 9. Empathise |
| 10. Get your facts straight |